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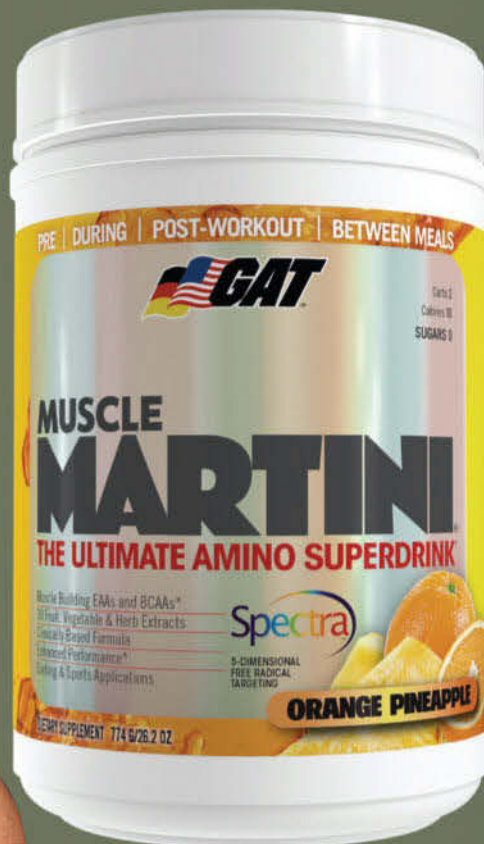
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#COMPETE HARDER

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Sadik Hadzovic

Photographs by Gary Phillips





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Q Do you have any tips for making cold-weather workouts more comfortable?
GORDON

A: I TRAINED THROUGH many a cold Austrian winter – where temps would routinely drop to zero and below – and in other cold locations when making movies or travelling for business. I can remember workouts where my hands actually froze to the bar, and I had to rip them off! The main thing that I learned to make those workouts as productive and safe as possible was to take more time to warm up. Start your session with several layers of clothes on and do what is today called a “dynamic warm-up”. This means calisthenics like jumping jacks and other body-weight movements that take your muscles through a full range of motion. The goal is to break a sweat as well as pump blood into the muscles and fluid into the joints so that when you pick up the iron you won’t strain yourself. As you warm up, you can take some layers off. Another tip: wear neoprene elbow and/or knee sleeves. These keep your joints warm and offer some stability.

Yours in iron,

Arnold Schwarzenegger

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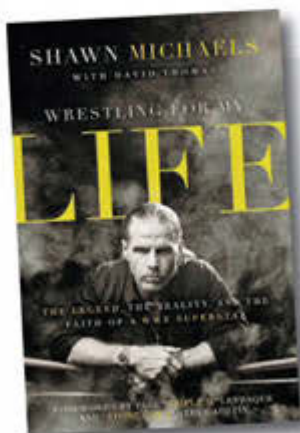


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WRESTLING FOR MY LIFE

In this revealing autobiography, "the Heartbreak Kid," Shawn Michaels, shares shocking behind-the-scenes details from his legendary career in and out of WWE. On sale June 22.



TRAIN

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DRINK

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PLAY

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NEWS / INTERVIEWS / SPORTS / GEAR

This girl could bury you

You're about to get lifting advice from a girl. And why would you want that? Because it's from **CAMILLE LEBLANC-BAZINET**, the 2014 CrossFit Games winner – and Fittest Woman on Earth. Anything you can do, she can probably do better. So listen up.

AS TOLD TO BRITTANY SMITH
PHOTOGRAPHS BY DUSTIN SNIPES

THERE'S THIS BARRIER we all put on ourselves, "Oh, I can't do X, Y and Z because..." And then you give yourself an excuse. I think what changed the most for me is not giving myself an excuse for anything and really taking the blame for the consequences of my actions either positive or negative. That's the first thing that really helped me - having no limitation and believing that nothing can stop me, and then in the workout, it's trying to apply it.

THE BIGGEST MISTAKE that men make is they try to skip some steps. They'll sacrifice a lot of their technique just to try to lift as much as possible. I think part of the reason I can lift so heavy is not only that I'm strong, but I also move very well, and my technique is dialled in. You need to be able to leave your ego at the door and be willing to take a couple of steps back to perfect your form if you want to move forward much further.

MEN SEE ME IN THE GYM - and I'm a tiny girl - so when we start, they'll try to impress me. Then at a point, they'll look back on my bar and they start laughing. It really humbles them. And after that, what they do normally is they'll joke around that "Oh, today my goal is for Cam to not outlift me again." It's just funny - and I pick on them!

WHEN YOU CRAVE BAD FOOD wait five minutes, or eat something healthy instead, and most of the time the craving will go away. Oftentimes, for me, if I crave

something, it's my body telling me it needs that. If I crave fries or pizza, normally it's because I need salt, so I'll try to eat something with a little bit of salt in it without eating fries or pizza. And other times it's just being lazy, right? You're just a little bit tired and lazy, and you feel like if you eat sugar it's going to help you wake up. But it's funny because I would say 99.9% of the time when you eat sugar, you're still not waking up.

THERE ARE TWO TYPES of people - those who are too careful about pace and never get enough out of their workout, and the other type who go way too hard, hit the wall and then can't do anything after. I definitely think that running helps you know how to pace. You should know how hard to hit a two-minute workout, a four-minute, a five-minute, a 10-minute, a 20-minute and so on.

SLEEP IS SO IMPORTANT it's almost insane. I think that people should truly sleep their way to the top. I think people who want to train more by sleeping less are hurting themselves more than anything else. You need to have a good bed; it's something people should invest in. **DOING A ONE-REP MAX** or benchmark workout, for me, will be once every three months. They're really not that often through the year because I want to hit those peaks when I'm competing. I think men focus too much on numbers, especially for strength. Trying to do a one-rep max all the time - I don't think it's a good idea. But for benchmark workouts, I do think that you should do them a



“Men will sacrifice a lot of their technique just to try to lift as much as possible”

couple of times through the year so you can see if you're getting better. **IF YOU KEEP DOING THE SAME THING** and it's not working, then stop doing it. I think CrossFit is so great because it always varies, so you always need to adapt to something new and you always have a new challenge. I think a lot of people in CrossFit at a point start to focus a lot more on strength, and they hit this plateau where they're like, "Ah, I'm not getting stronger." When you hit your plateau, I think you should go back to varying your routine - and varying it often.

THE STATS

HEIGHT	AGE	BEST SNATCH	BEST BACK SQUAT
157cm	26	86kg	140kg
WEIGHT	BEST CLEAN & JERK	BEST DEADLIFT	MAX PULL-UPS (KIPPING)
59kg	104kg	136kg	80

HAIR AND MAKEUP BY KRISTEN ANNETT





Get on board

ASP World Tour Surfer
OWEN WRIGHT talks fuel, eggs and pizza

THE STATS

Age: 23

Lives: Thirroul, NSW

Height: 190cm

Weight: 82 kg

Career highlights: 2011 1st Place Quiksilver Pro, New York; 2011 2nd Place Billabong Pro, Teahupoo; 2011 2nd Place Hurley Pro, Trestles; 2010 ASP Tour Rookie of the Year

Current CT Rank: #9

BEING A PRO SURFER

involves a lot more than just hanging out on the beach with hot chicks in bikinis and saying things like “gnarly” and “bitchin’” a lot. Just ask Owen Wright – getting to where he is today has taken years of total dedication and hard-core training. Oh, and lots of surfing. Bitchin’. But it’s not just what Wright puts out that matters – it’s what he puts in. We asked him what a pro surfer eats:

How important is your diet to your performance?

Eating the right diet improves my performance by about 10 per cent, I reckon. I like to think of my body as a car – if you put bad fuel in it, it will run badly. So I try to fuel my body with the best possible food I know of. And since I’m training three times a week at the gym as well as surfing twice most days, it’s important for me to take into consideration how much energy I’m using and what I need to eat to replace it.

How do you fuel yourself?

Everything I eat is organic, fresh and gluten-free. Most days I have training I like to eat three eggs on toast about 1.5 hours before I start. I like to have a protein shake immediately after training – I find it gives me instant relief. About an hour later I’ll eat a full meal, maybe a chicken and salad sandwich.

The night before competition I often eat spaghetti bolognese or steak and potatoes, but on the day of competition, I keep it lighter. I’ll eat muesli to start the day and have a warm up surf, then a protein shake.

When I’m competing I usually just snack on protein bars throughout the day; but if I do fit a meal in it’s a salad with some sort of meat.

What would be your favourite treat meal?

After the event is over I like to eat pizza – it’s a weird habit. I’ve got into over the years. Other than that, I really enjoy having pancakes on a Saturday

morning with my family when we’re together. It’s become a tradition for us and we all love it.

What’s your Go-to meal when you need to eat well in a hurry?

My favourite go-to meal is eggs on toast. It’s so quick and tastes so good. I find my body runs well on eggs, so there is always a never-ending supply in my fridge.

SORE solutions

Hurt? You can still make progress at the gym

The trick to dealing with any training injury is to work as hard as you can on exercises that are similar to the ones that bother you. You'll find that a slight reduction in range of motion, a change in grip or stance or a different training implement is all that separates a productive workout from one that makes your injury worse. Here are solutions for working around problems in the three big lifts: the bench press, squat and deadlift.

BENCH PRESS

We all know where it hurts when you bench – your shoulders. The problem is usually due to overuse, so if you've benched every week for years, give it a rest. Dumbbell bench presses with your palms facing each other are a more shoulder-friendly option or use push-up variations.

SQUAT

Issues with the squat usually result from a lack of mobility in the hips and ankles. Work on rolling out your lower body and stretching hips and hamstrings. In the meantime, you may find that front squats and goblet squats are safer alternatives.

DEADLIFT

Losing the arch in your lower back is a sure way to put yourself on the disabled list. Try single-leg Romanian deadlifts to build the mobility you need to keep your back flat. If you're dead set on locking out some big weights, pull from the spotter bars in a power rack set to just below the knees. You'll be able to use more weight.



CREAM OF THE CROP: director of football strength and conditioning Paul Longo, pictured above right, saw five Notre Dame alumni go on to make the 2015 NFL Pro Bowl

Built to fight

Notre Dame's gridiron success mirrors the health of its campus **BY MARK BARROSO**

SCAN THE FOOD OPTIONS

at Notre Dame and you'll see labels everywhere: "H" for healthy, "V" for vegetaria, and "L" for lower fat or sodium. Turns out they are signs of quality: according to a survey of 1175 colleges in the US, Notre Dame has the ninth best campus food in the country, with more than 38% of the supply sourced within 400 kilometres.

Athletics are ahead of the curve, too. The Notre Dame football program is back in the national discussion as eight players were selected in the 2014 NFL draft, the second most to

Louisiana State University's nine.

That success starts with Paul Longo, director of football strength and conditioning, who pushes athletes to live by the motto: "Start fast. Finish strong." And the strongest finisher he's ever seen? Longo rattled off several options, but conceded that linebacker Prince Shembo was the kilo-for-kilo best.

"He could squat, butt to floor, with 600 pounds (272kg) for at least five reps. He was 255 (115kg) with 8% body fat." We mere mortals will just sit and think about that for a minute.

Failure is welcome

In high school, DailyBurn trainer **BEN BOOKER** got drunk and drove his car into a ditch. Fully recovered, he teaches people now that failure isn't necessarily a bad thing. **BY CHRIS GIBLIN**

BEN BOOKER was burning the candle at both ends early in life. He developed a drinking habit in eighth grade but still managed to become a three-sport athlete in high school. "It was a constant battle," he says, between the sports and alcohol. The conflict came to a head in 1998 during his senior year football season when he got drunk and drove his car into a ditch, breaking his third and fourth lumbar vertebrae.

Booker returned to the gym a few months later, but he continued his battle with the bottle. "I convinced myself that [my accident] wasn't because I was drunk," he says.

He finally kicked the habit in 2006, when he realised that "pretty much everything bad in my life - my relationships, my money, everything - could be traced back to alcohol."

He hasn't looked back since, and he's now in the best shape of his life. In 2010, he created his own company, Second Chance Lifestyle, and recently started a program called *Live to Fail* for DailyBurn, a Netflix-like service that streams workout videos.

Still a recovering alcoholic by his own admission, he's thrilled to have the chance to help others learn from his mistakes.

"If you take your experiences of failure and embrace them, you can truly start growing," he says. "And I love working that into training, because it's the same thing."

"So many people look at failure as scary, but that's where the true growth is unlocked"

TRAIN WITH BEN

Check out Booker's *Live to Fail* program at dailyburn.com



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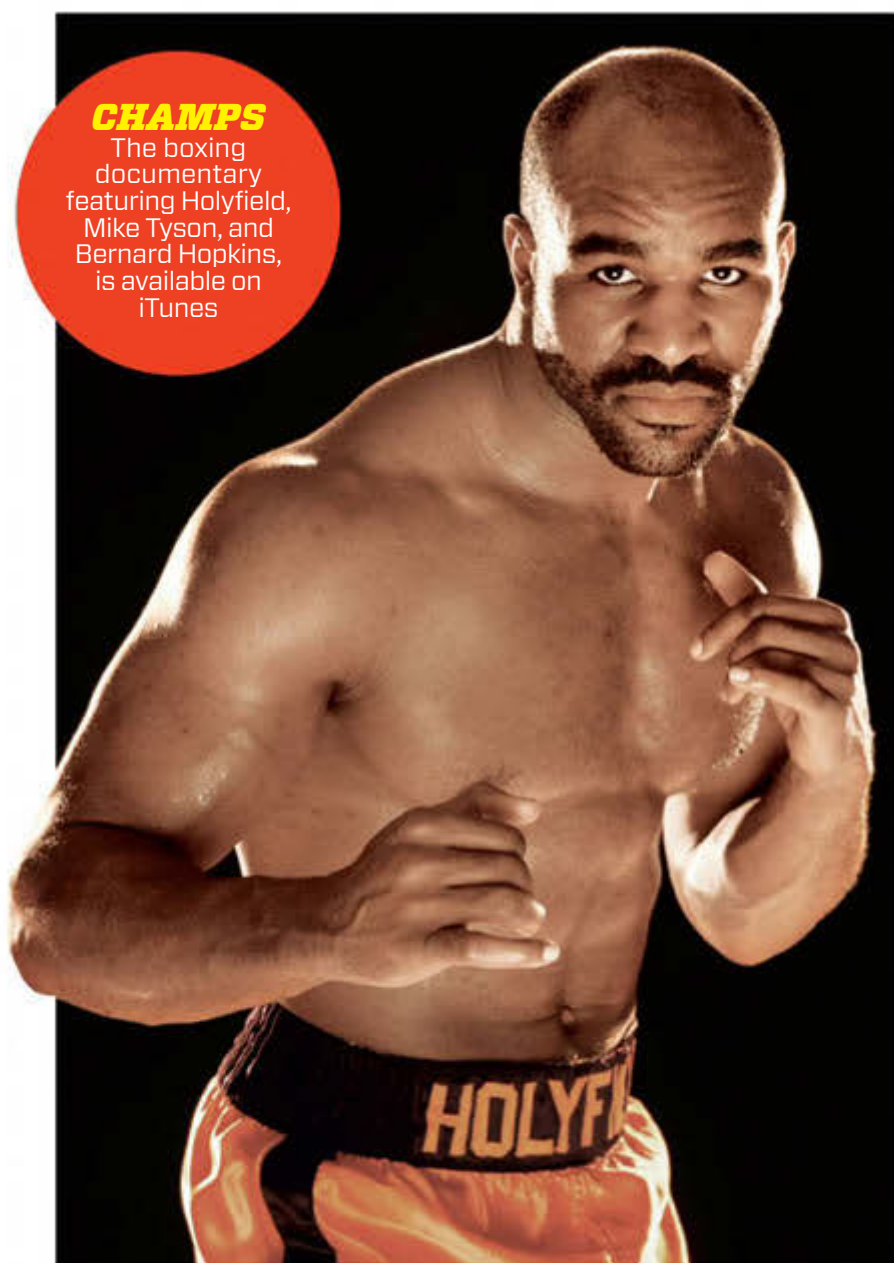
* When served with skim milk.

Real deal

Five-time heavyweight champion **EVANDER HOLYFIELD** is an immortal boxing legend, and at age 52 he's still up for any challenge. We caught up with Holyfield to talk about training with Lee Haney and his involvement with the new boxing documentary, *Champs*. **BY ZACK ZEIGLER**

CHAMPS

The boxing documentary featuring Holyfield, Mike Tyson, and Bernard Hopkins, is available on iTunes



What did you learn while training with Mr Olympia Lee Haney in the 1990s?

EH: Before I trained with Lee I would do things in the gym without understanding the operations behind them. By talking about different muscles and what they did, he showed me a whole other side of training. It became an art.

If a newbie asks you for training advice, what do you say?

Don't be lazy, because if you put things off they aren't going to get done. Also, it's not how much you know, it's what you decide to apply. With boxing, I'd say get started while you're young. Adults get embarrassed and quit; that's less likely to happen with kids.

What was your greatest skill as a fighter?

You don't know a person until they're tired. And I realised that if both of us were tired during a fight, the person with the strongest will was going to win. Now, technically, I had an average build. And most of the guys I faced had longer arms, and they may have been stronger than me. But when it came down to will, I felt that if I were able to do a little bit more than my opponent and have the stronger will, I'd win.

How do you train now?

I get up every morning at 6 o'clock. I'll warm up my body, do a few miles on the elliptical, and then do the basic things that I did with boxing. I don't want to be fat. I want to live a long time, and I don't want to depend on somebody else to pick things up for me.

Champs is a raw look at the sport of boxing. What do you want people to take away from it?

That everybody wants to be better, but it's up to him or her to do it. If you are willing to pay the price it takes to be the person you really want to be and you don't allow yourself to quit, it can happen.

LOUIE PISHOVOS/CORBIS

4 THINGS YOU SHOULD NEVER DO BEFORE A WORKOUT

DON'T OVERSLEEP

While there's nothing wrong with taking a short nap to recharge before heading to the gym, you should avoid sleeping for more than 30 minutes. While research shows that a "power-nap" can increase energy and focus, sleeping for longer than 30 minutes will produce the opposite effect.

DON'T STRETCH

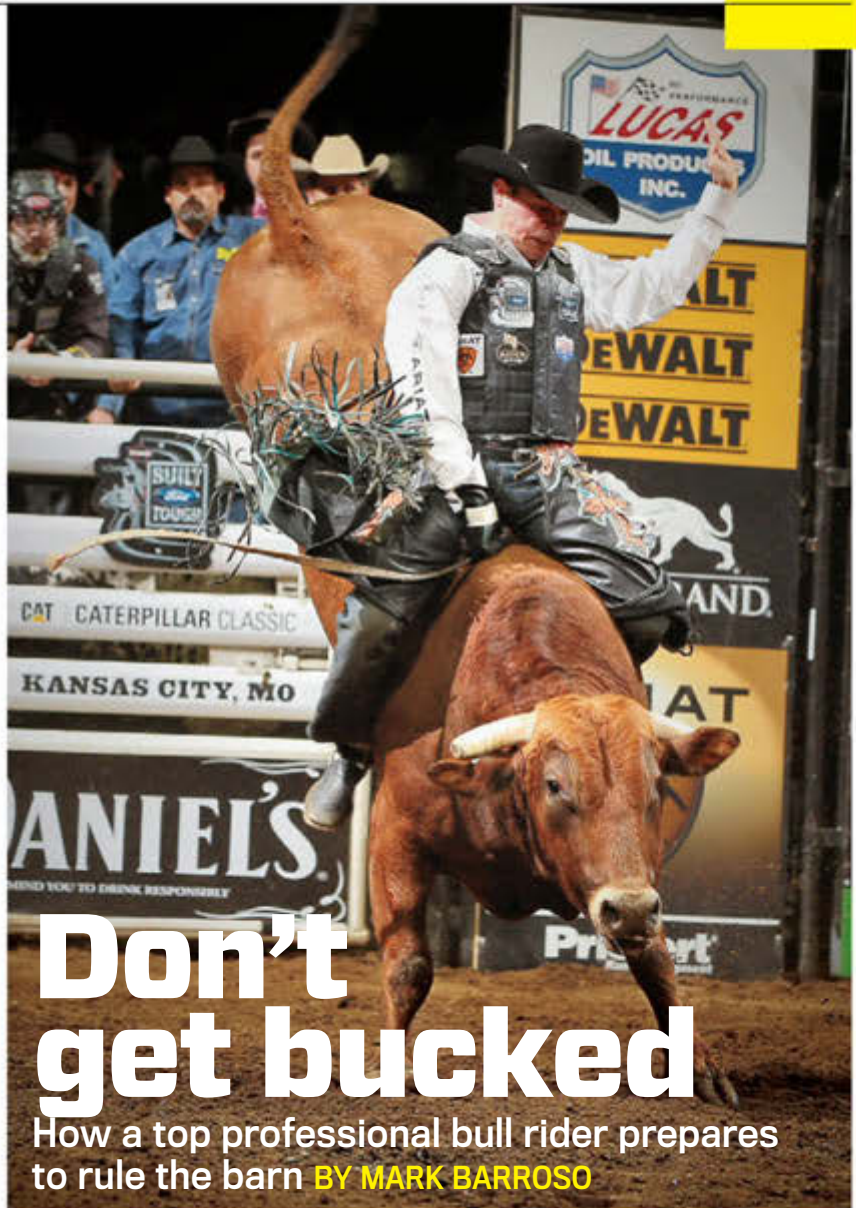
For a long time it was thought to be proper "protocol" to statically stretch the muscles before weight training, but in recent years scientists have discovered it's actually counterproductive. Not only can stretching a "cold" muscle lead to injury, it can actually decrease your strength in exercises involving muscles that have been stretched.

DON'T GET STRESSED

When you're stressed, your body releases higher levels of cortisol, which breaks down muscle tissue and encourages body fat storage. Additionally, stress and worry will severely inhibit your ability to concentrate, limiting muscle fibre activation and possibly causing injury due to lack of focus on form.

DON'T OVEREAT

Pre-workout nutrition is essential for supporting muscle recovery/growth, but eating too much too close to a workout can cause stomach cramps and nausea, neither of which are conducive to a killer session. Also, if your stomach is overburdened with digesting, more blood will be directed there than into your muscles.



EVERY DAY THAT Matt Triplett shows up for work, he's risking his life. He's not a cop, a soldier or a firefighter, but a member of the Professional Bull Riders, or simply, PBR – an international professional bull riding organisation based in the States. (There's also a PBR in Australia. Check out events in your area at pbrazilia.com.au, or buy tickets for the National Finals, to be held on July 11 in Sydney, at Ticketek.)

Rid the honky-tonk stereotype from your thoughts, because being in PBR – a thriving sport – requires serious athleticism. And guts.

"These bulls are nothing to mess

around with," says Triplett. "They could cripple you any day of the week."

For a ride to qualify for judging, the rider has to stay atop the bull for at least eight seconds, a Herculean feat requiring total-body strength, flexibility and an iron-bending grip.

To prepare, Triplett rides a live bull at least once a week and practises on a mechanical bucking machine daily. Yoga has also been an unlikely ally.

"To ride bulls you have to be flexible, and yoga stretches me out," he says.

His advice for aspiring cowboys: "Climb on some animals and see if you like it," Triplett says. "You have to be serious about it and give 110%." Or else, it's adios, partner.

MMA Marvel

JAMILLETTE GAXIOLA, the reality TV star and one-time Miss Grand Cuba, is used to the spotlight. Now she'll be front and centre in the cage, joining the UFC as an Octagon Girl.

BY BRITTANY SMITH

THE STATS

HEIGHT	RESIDENCE
174cm	Las Vegas, US
AGE	WEIGHT
25	54kg

M&F: What's the strangest question you've ever been asked in a pageant?

JG: "Since you're representing Cuba, you must be communist. So if you're communist, why do you live in the US?" It's just very simple – if I were a communist, the US would be the last place I would live.

Ever have a Janet Jackson-esque wardrobe malfunction?

In the Philippines, it's very humid. If you sweat too much, those bras that you just tape on, they're not going to stick, and my dress was really loose. It just kind of went *droooooop* onstage, but I had enough time to catch it on my leg before it completely dropped. I was just

trying to manoeuvre to catch it, hold it, make it stick and just walk it off.

Your favourite UFC moment?

I went to my first fight a year and a half ago. It was amazing. The energy in that building, it's just priceless. The fight that definitely got my attention, though, was the time that Ronda Rousey knocked out Alexis Davis in 16 seconds in the first round.

Ever been in a fight?

In high school, I used to be picked on a lot because I was this tall, awkward, lanky-looking thing, so I was an easy target. You can only take so much, and after a while, something goes off. I was in so much trouble. My mum is this cute little lady, but she runs the house like the military. I wasn't able to see sunlight for a few months.

Are there dos and don'ts for getting your attention?

Be innovative and original in your approach. That's something that will always stand out. And avoid the cheesy pick-up lines. The worst pick-up line I've had the pleasure of receiving was: "Girl, did you fall from heaven? Because you look like Satan!" One of my favourites and probably the most amazing pick-up line I've heard is: "Is your daddy a baker? Because you've got a nice set of buns!"

What do you look for in a man?

Actually, a nice set of buns would be good to start with, but the most attractive attribute a man could have is a good sense of humour.

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TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

On his own

Optimum Nutrition athlete **Dr JASON POWELL** created a unique, pain-free training program that really works

BY MARK BARROSO



SHOWTIME

Jason Powell plans to compete in his first NPC Men's Physique competition in 2015



JASON POWELL, 41, has many titles: model, genetics lab operator and scholar to name a few. But none are more important to him than gym rat. The US Air Force veteran started bodybuilding in his 20s and now follows an eclectic training program that keeps him lean year-round.

"Instead of four to six weeks of the same style, each session is either heavy, high volume, moderate or dropsets," Powell says. "I recover faster and train injury-free compared with a linear periodisation routine."

Powell lifts weights five times a week and practises martial arts four times a week. Nutrition-wise, he's designed a custom diet plan, too.

"My diet has not changed in 12 to 15 years," he says. "I eat 48 grams of protein, 60 grams carbs and 15 grams fat per meal."

Ever analytical, Powell urges younger guys to question convention. "There isn't a single way to perform a lift, because range of motion is unique for everybody. Find the moves and positions that are best for your body."

THE WORKOUT ARMS

Powell does four sets of 12-15 reps per exercise, increasing the weight each set. This is his "moderate" day.

EXERCISE	SETS	REPS
Close reverse-grip bench press	4	12-15
SUPERSET		
Alternating dumbbell hammer curl	4	12-15
Lying dumbbell triceps extension	4	12-15
SUPERSET		
Hammer strength preacher curl	4	12-15
Weighted triceps dip	4	12-15
SUPERSET		
Incline dumbbell supinating curl	4	12-15

JASON'S TOP 3 TIPS FOR GUYS OVER 40

1 PRIME THE PUMP

Do extra warm-up sets to help loosen tissue that stiffens with age. You'll pump more blood into the muscles you're training.

2 KEEP YOUR EGO IN CHECK

Don't be unrealistic about your capabilities. If you've never squatted 200 kilos and have back or knee pain, don't set a 200-kilo squat as a goal.

3 CHOOSE THE RIGHT EXERCISES

Do 20-25 reps on a lift. If you don't feel it in the muscles you want, change the move until you do.

10-minute torcher

Train your chest, back and abs – and get some cardio in – with this quick-hit TRX routine



QUICK TIP

Keep your back flat as you pull your knees into your chest. For an advanced version, do one leg at a time

WHAT IT IS

A TRX push-pull-core circuit designed by trainer Andy McDermott. Hang a TRX or other suspension trainer from a secure point overhead, then set a timer for 10 minutes. Start the time and complete the following four exercises as a circuit: TRX rows, TRX chest press, TRX knee-ins and a stair or treadmill run. (See the “How to Do It” box below for rep ranges.)

WHY IT WORKS

The circuit begins with a classic push-pull superset that will work chest, back, biceps and triceps. Core strength and stabilisation are trained with the knee-ins, and an old-fashioned stair or treadmill run ensures your heart rate will stay elevated. “I love this workout because it’s simple but gets all your muscles activated quickly,” McDermott says. “The burn kind of sneaks up on you.”

HOW TO DO IT TRX PUSH-PULL-CORE CIRCUIT

Perform the circuit for 10 minutes. Don’t rest between exercises.

EXERCISE	REPS
TRX row	10-20
TRX chest press	10-20
TRX knee-ins	10
Stair run*	30 sec.

*Can be replaced with a regular run

The champ is here

IFBB Olympia champion **JEREMY BUENDIA** shares how he prepared for his big win and reveals his plans for a repeat in 2015

BY MARK BARROSO

JEREMY BUENDIA grew up in the gym, learning basic lifts with bodybuilder dad at age 12. Today, Buendia's methods are more advanced; he uses FST-7 ("fascia stretch training," which emphasises stretching between sets), designed by trainer Hany Rambod.

"FST-7 is seven sets of 8-12 reps with minimal rest," says Buendia. "It optimises blood flow for growth."

Buendia lifts almost daily, taking off only one or two days a month. He does cardio five to six times a week - 30 minutes in the morning, then 30 after workouts - which he bumped to 45 minutes before the Olympia. It was tough, but the pressure to repeat, he says, is even tougher. "Knowing everyone is hunting down my title motivates me to work harder this year."

THE WORKOUT ABS

Buendia does this workout twice a week. Rest 2 mins between rounds. Do 5 rounds.

EXERCISE	REPS
Floor crunch	25
Lying leg lift	25
Toe touch	25
Side oblique crunch	25
Bicycle crunch	40

JEREMY'S STATS

AGE **24**
 HEIGHT **172cm**
 WEIGHT **78kg**
 RESIDENCE:
California, US
 TWITTER
@MrJeremyBuendia
 SPONSORS
**Evogen Nutrition,
 Live Fit Apparel**

THE DIET

To prep for last year's Olympia, Buendia ate 250 grams of protein, 120 grams of carbs and 40 grams of fat daily

Forearms, fixed

Dave P sent us his forearm routine to review. Here's how we fixed it.

BY ERIC VELASQUEZ

DAVE'S OLD WORKOUT

EXERCISE	SETS	REPS
Reverse curl	4	10
Wrist curl	3	20
SUPERSET WITH		
Wrist extension	3	20

M&F RATING: B-

OUR ADVICE

The reverse curl is a great exercise, but hammer curls, which allow you to handle heavier weight, will engage more of the forearm musculature. Wrist curls are great for padding the meaty part of your forearm, but the rep ranges were too high to offer any serious benefits. By doing a few heavier sets and then higher-rep sets to finish, you'll get the muscle-building stimulus you need and the forearm-swelling pump you want.

Finally, **THE PLATE PINCH IS AN UNDERUSED MOVE FOR BUILDING A CAN-CRUSHING GRIP AND FOREARM STRENGTH.**

DAVE'S NEW WORKOUT

EXERCISE	SETS	REPS
Hammer curl	4	8-10
Wrist curl	4	8, 8, 10, 10*
▶ Plate pinch	4	Failure

*Perform one dropset to failure on final set.

PLATE PINCH

This forearm-torching move will add size and help you lift more weight on other exercises



THE WORKOUT Work up to your own body weight and do one unbroken set at that weight until you reach technical failure.

M&F **HARDCORE** TRAIN

QUICK TIP

Using a fat bar (shown) is easier on the elbows than a standard bar. If you don't have a fat bar, wrap a standard bar in a towel.



HOW TO DO IT THE MOVE

1 APPROACH THE BAR with your feet slightly wider than your hips. Squat down as low as possible, allowing your upper back to relax and round.

2 SLIP YOUR ELBOWS under the centre of the barbell between your legs and squeeze the barbell in the crooks of your elbows.

3 TAKE A DEEP BREATH before you begin the lift. Track the knees out over your toes and try to keep your back from shifting while under tension.

4 DEADLIFT THE BAR to the fully upright position, keeping your core braced throughout the lift. Return it back to the floor in the exact reverse order.

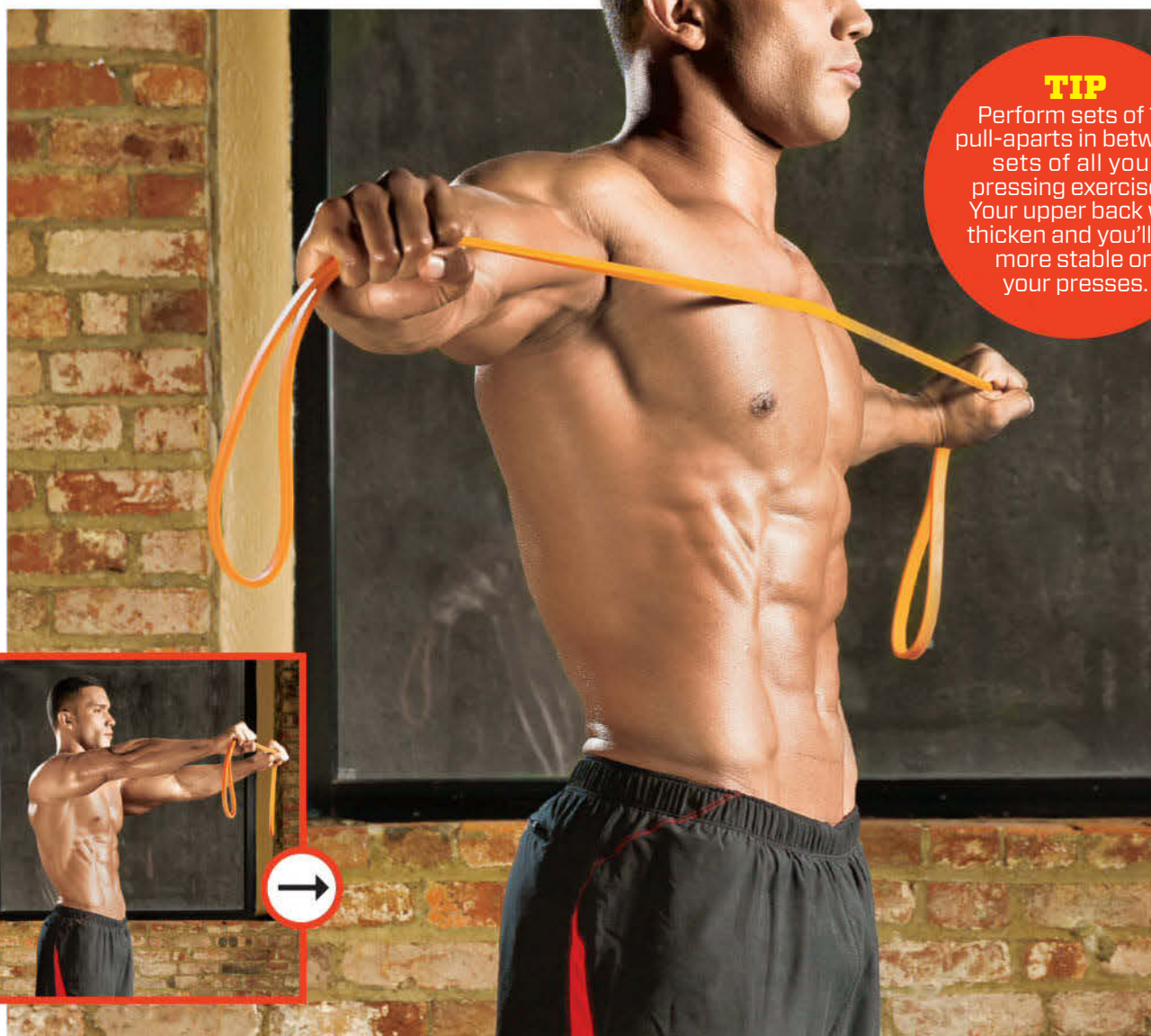
Zercher deadlift

Put your deadlifting prowess to the test with this old-time strongman variation. **BY ROB ORLANDO**

YOU ARE LIKELY familiar with the Zercher squat – the man-making, crook-of-your-elbow front squat named after 1930s strongman Ed Zercher. But Zercher's legacy also touched another staple move: the deadlift. His variation of this total-body tussle with gravity evolved from his experience with the squat. Rather than performing a standard deadlift and transitioning the weight to the hands and elbows, he started with the bar on the floor, hunched down as low as possible, arms wrapped around the barbell. An impossible starting

position to stand up with the weight? Not if you buckle down your technique.

This is an exercise for only the most serious of strength athletes. It requires incredible hip, ankle and lumbar flexibility and a penchant for the primal. Be honest with yourself: if you don't have the mobility to get into the starting position, then this lift is not for you. It's also a surefire sign that you need to add a ton of mobility work to your routine. Exercise extreme caution when loading the weight. Start light, see how your body responds and take it from there.



TIP

Perform sets of 15 pull-aparts in between sets of all your pressing exercises. Your upper back will thicken and you'll be more stable on your presses.

Rip it

The band pull-apart strengthens the upper back, which can alleviate shoulder pain and reduce the chance of injury. Make it a staple in your workouts and make pain-free gains forever.

BY SEAN HYSON

HOW TO DO IT THE BAND PULL-APART

1 GRASP AN ELASTIC EXERCISE BAND with a shoulder-width grip. Hold it out in front of you at arm's length.

You can pull the band in multiple directions and at different angles for variety

2 SQUEEZE YOUR SHOULDER BLADES together and pull the band apart so it stretches and your arms are at 90 degrees to your sides. Return your arms in front of you and allow your shoulder blades to spread a bit. Don't lean back as you pull – stay upright with your core tight. Don't shrug your shoulders and control the negative portion of each rep.

GROOMING BY VALISSA YOE

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Be unbalanced

Losing your balance, or rather, fighting to keep it, forces your core to brace your spine. One simple way to train core stability is with weight in one hand while the other is free, as in the off-set loaded lunge. **BY SEAN HYSON**

PROGRAM TIP

Use the off-set loaded lunge for 6-12 reps after a squat or deadlift variation

HOW TO DO IT OFF-SET LOADED LUNGE

1 **HOLD A DUMBBELL** in your left hand at shoulder level and stand with feet hip-width apart.

2 **STEP FORWARD WITH RIGHT LEG** and bend both knees until the rear knee nearly touches the floor and the front thigh is parallel to the floor. Keep your torso upright. Perform all your reps and then switch arms and legs.

The side holding the weight will want to bend, but your core has to work to keep your torso straight – especially while it's moving during the lunge. Maintaining stability strengthens your abs, while the lunge trains your legs, making this move multifunctional.

GROOMING BY YALISSA YOE

ABOUT ZACH Zach Even-Esh is the owner of Underground Strength Gym in the US and the author of *The Encyclopedia of Underground Strength and Conditioning*. (undergroundstrength.tv)

TOUGH MUSCLE

The founder of Underground Strength Gym, **ZACH EVEN-ESH** will use any means necessary to make gains. **BY MARK BARROSO**

A DECADE AGO, Zach Even-Esh was asked to describe his training philosophy. A devotee of odd-implement training, including sandbags and tyres, he said, "If it produces results, I use it." It wasn't a popular answer then, but he's now known as a man ahead of his time.

"Remember, in 2004, people would say, 'I'm only a kettlebell lifter', or 'I'm only a strongman'. I said, 'I'm not going to discriminate if it works.'"

The Underground method (see an example at bottom right) involves constantly varied mini cycles with an emphasis on mentally gruelling workouts.

"You want some perfect scientific program? Science happens in a perfect world and there's nothing perfect about an athlete's life. Train the mind, not just the muscles."

TOP 3 TIPS

1 GO OUT Don't do gym workouts exclusively. Train outdoors once a week, such as doing a park run with tree pull-ups and stone carries.

2 STICK WITH THE LIFT If you plateau on a lift, do 2-3 heavy sets, decrease weight by 50%, and do 3 speed sets of 2 reps, then 3 sets of 10-15 reps.

3 GET FOCUSED Get training partners. If you can't, find things, such as music, that motivate you to lift heavier and kick ass in the gym.

ZACH'S WORKOUT UNDERGROUND STRENGTH

Do 1A-1C as a circuit and 3A and 3B as a superset.

EXERCISE	SETS	REPS
1A) Trap-bar deadlift	5	3-5
1B) Plyo push-up	5	3-5
1C) One-arm kettlebell clean & press	5	3 (EACH ARM)
2) Walking kettlebell lunge*	3	10 (EACH LEG)
3A) Dumbbell row	3	10
3B) Band pull-apart**	3	30
4) Prowler sprint	4	30m

*Hold the kettlebells in the rack position (at the collarbones) and do walking lunges.

**Do 15 overhand and 15 underhand band pull-aparts.

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WHAT'S IN THE FRIDGE THIS MONTH

Fungi facts

Mushrooms are the very definition of power food: they'll prime your muscles for a workout, help lower cholesterol and keep you full while you're cutting. Here's how to get the most out of them.

BY CHRIS GIBLIN

MUSHROOMS ARE enjoying somewhat of a renaissance at the moment. As some growers look to cultivate even healthier strains, others look to further explore the medicinal benefits, and diehard fans continue to believe in the spiritual value of hallucinogenic types (they're wrong, but at least they're having fun). Of course, you don't have to be on the hippie spectrum to get some on your plate.

You probably won't want mushrooms as the biggest part of your meal unless you go for a portobello burger, but even then, you're bound to take in far more calories eating the toppings, bun and sides. On that note, a grilled portobello mushroom (about 42 calories) provides a solid source of vitamins and minerals like niacin (36% of your RDI), which can boost good cholesterol and charges muscle growth; potassium (18%), which aids muscle contractions; and fibre (11%), which promotes healthy bacteria and eases digestion. With five grams of protein and several other nutrients to boot, it offers a pretty significant nutritional bang for your buck.

Raw mushrooms are a great option for salad, but

guys who don't enjoy the relatively earthy, rubbery taste probably need it to be doctored up and served in some other way.

Ruth Frechman, nutritionist and author of *The Food Is My Friend Diet*, suggests sautéing mushrooms with onions and adding them to sandwiches or pasta sauce, or adding them into the mix in stir-frys or omelettes. With so many kinds to choose from (shiitake, enoki, oyster, etc), there's bound to be one mushroom out there for you. Just wipe with a damp paper towel before prepping it.

QUICK TIP

Mushrooms can help keep you full: a cup of sliced white 'shrooms is only 15 calories

MAGDALENA NIEMCZYK/CORBIS

BROWN RICE RISOTTO WITH MUSHROOMS, CABBAGE, AND THYME

*Recipe courtesy of Marco Canora,
author of A Good Food Day*

MAKES 6 SERVINGS

- 4 tbsp extra-virgin olive oil, plus more for garnish
- 3 cups sliced cremini mushrooms
- Fine sea salt and freshly ground black pepper
- 1 head savoy cabbage, cut into 1½cm pieces (about 3 cups)
- 5 cups vegetable stock
- 2 tbsp unsalted butter
- 1 brown onion, diced
- 2 cups brown rice
- 1 cup dry white wine
- ½ cup freshly grated parmesan cheese, plus more for garnish
- 1 tbsp chopped fresh thyme

1. In a large, high-sided pan, heat 1 tbsp of the olive oil over high heat. Add the mushrooms and season with salt and pepper. Cook until the liquid released from the mushrooms is gone, 5–7 minutes. Using a silicone spatula, transfer the mushrooms to a bowl and scrape the bottom of the pan to remove and save all the flavourful bits.
2. While the pan is still hot, return it to burner and add 1 tbsp of the olive oil. Add the chopped cabbage and season with salt and pepper. Reduce the heat to medium-high and cook until the cabbage is wilted and slightly browned, about 10 minutes. Remove the pan from the heat.
3. Pour the vegetable stock into a saucepan. Bring it to a boil over high heat, then reduce the heat to a simmer.
4. Place the pan back on the burner and heat 1 tbsp of the butter and the remaining 2 tbsp olive oil over medium heat. Add the onion and season with salt and pepper. Cook, stirring occasionally, until the onions soften, about 5 minutes.
5. Turn the heat to high and add the rice. Stir, coating the rice thoroughly with the onion, butter and oil until the rice is crackling, 2–3 minutes. Add the wine. Let it bubble, stirring frequently, until the rice absorbs the wine, about 1 minute.

6. Add just enough of the warm stock to cover the rice, about 2 cups. Reduce the heat to medium-high and stir occasionally until the rice is almost dry, about 10 minutes. Add just enough stock to cover the rice and stir every couple of minutes, until the stock is incorporated and the rice is almost dry, about 10 minutes.
7. Stir more frequently, continue adding warm stock to cover the rice, about ½ cup at a time, until it's absorbed, every 4–5 minutes for 10 minutes.
8. Reduce the heat and add the cabbage, mushrooms and about ¼-cup stock. Simmer, stirring constantly, adding ¼-cup increments of stock as needed until the rice is just tender and the risotto is a little runny. Take the pan off the heat.

9. Add the parmesan, the remaining 1 tbsp butter, thyme and salt and pepper to taste, stirring to incorporate. Taste and adjust seasoning, if needed. To serve, ladle the risotto into bowls and top each serving with more freshly grated parmesan and a drizzle of olive oil.

PER SERVING

411
CALORIES

12g
PROTEIN

51g
CARBS

17g
FAT



QUICK TIP

The recipe calls for one baked potato. Bake potatoes ahead of time in the oven at 200°C for 30–40 minutes.



**SALMON DILL
POTATO
SCRAMBLE**

YIELDS 1 SERVING

- 85g salmon fillet
- 6 tbsps liquid egg whites
- ¼ cup baked potato, quartered
- 4 mini capsicum (yellow, red, orange), chopped
- ¼ cup raw onion, chopped
- 4 sprigs fresh dill, chopped
- 1 tbsps fresh coriander, chopped

1. Place a small frypan over high heat and, when hot, add the salmon. Cook two minutes and flip over. Cook until salmon is pink all the way through.
2. Warm another small non-stick frypan over medium heat and add liquid egg whites.
3. Add the potato, vegetables and salmon to the eggs. Stir, breaking up the salmon, until the eggs are cooked through.
4. Top with dill, coriander and, if desired, lemon juice.

NUTRITION PER SERVING

394 CALORIES	33g PROTEIN	29g CARBS	11g FAT
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Go fish

Having fish for breakfast usually means eating tuna on a bagel with cream cheese – tasty, but processed and not very gut friendly. Start your morning with this meal, which packs the protein and healthy fats of fresh salmon along with clean carbs and fibre. **BY JILLIAN PACHECO**

FOOD STYLING BY VICTORIA GRANOF

Stew on this

Forget *Chicken Soup for the Soul*. This chicken stew will fill your belly, fuel a cold-weather workout and help your muscles grow.

CHICKEN ROPA STEW

MAKES 6 SERVINGS

1kg boneless, skinless chicken thighs
30ml grapeseed oil
1 red capsicum, diced
1 yellow capsicum, diced
½ onion, diced
½ cup tomato sauce
1 tsp chicken stock concentrate
2 tbsp chipotle peppers
1 tbsp paprika
1 tbsp smoked paprika
500ml chicken stock
Salt and pepper

1. Cut the raw chicken into large pieces and set aside.
2. Heat the grapeseed oil in a large sauté pan over medium-high heat. Add the chicken. Sear for 2 minutes, then add the capsicum and the onion. Turn down to low heat.
3. In a blender or food processor, combine the tomato sauce, stock concentrate, chipotle peppers, both paprikas and the chicken stock. Purée. Pour the puréed mixture into the chicken pan, turn the heat up to medium-low, and stir.
4. Allow the chicken stew to slowly come to a slight simmer, then turn the heat down to low. Cover the stew and allow to cook for 20 minutes, checking every 5 minutes to prevent burning.
5. Check the chicken for tenderness. (It should pull apart.) Take all chicken pieces out, shred them then return the pieces to the stew. Season with salt and pepper to taste.

PER SERVING

387 CALORIES	47g PROTEIN
11g CARBS	17g FAT

ON THE WEB Visit chefirvine.com for recipes, fitness tips and more.

FOOD STYLING BY CARRIE PURCELL



Ease up

In moderation, alcohol can be healthy. But step over the line and you'll wreck your metabolism and pack on the weight. So how much is OK when you're training hard? **BY CHRIS GIBLIN**

IF YOU'VE BEEN to uni, you probably already have a decent sense of how many drinks will knock you on your arse and how many you can bounce back from the next morning. But there's also plenty of science out there to measure the potential harm of partying a little too hard. Torey Jones Armul, a nutritionist and specialist in sports dietetics, specifically points to two studies (done successively in New Zealand in 2009 and 2010) of particular interest to the active man. Both had participants complete a gruelling one-legged workout before throwing back some vodka, then had them repeat the training 36 and 60 hours later. (Results were compared with the same workout on their other legs, with no alcohol involved for the follow-up workouts.) In the boozier version (a rate of about 6.5 drinks for a 90-kilo man), the guys performed notably worse in the follow-ups, while lighter drinking (about three drinks for a 90-kilo man) yielded virtually no difference in levels of fatigue.

So heavy drinking – even if you're not quite running to vomit the next morning – can throw a wrench in your fitness goals, potentially affecting subsequent workouts negatively for up to three days after. That makes it exceedingly difficult to progress on your fitness goals. On the plus side, up to three drinks in a night shouldn't hurt.

Although alcoholic content is generally the main concern, caloric intake is also notable – realise that there can be a big difference (up to about 100 calories) between light beers and more robust IPAs, and throwing mixers like soft drink in

with liquor drives calories up while bringing the detrimental effects of sugar into the equation. Also, heavy drinking is often capped off with a junk food binge – no one leaves a long night at the bar craving quinoa and vegetables.

Of course, athletes are known for going hard on the drinks at parties, letting their competitive nature get the best of them at their bodies' expense.

If you're one, try to limit this as much as possible and spend time with people who will respect your fitness goals and support them.

"A serious athlete needs some sort of outlet, and it can be tempting to let go and even bond with teammates [by drinking] – that work hard, play hard sort of thing," Armul says. "But this is definitely ill-advised in the midst of a training period."

“
Heavy drinking
can negatively
affect workouts
for up to three
days after
”



EVAN SKLAR/STOCKFODD



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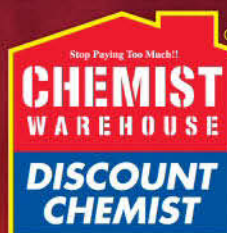
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Sweet Potatoes

Eat for energy with these five tasty and healthy recipes

BY ROCCO DISPIRITO

A-OK

One half cup of sweet potato provides 385% of daily vitamin A requirements

1**COOK A SPAETZLE**

Blend 1 cup grated sweet potato, 1 tbsp cold water, ¼ cup egg-white powder, and dashes of salt and nutmeg for 90 seconds. With a spatula, push mixture through a colander and into a pot of 6 litres boiling water. Let cook 10 seconds, then drain. Cook spaetzle in a frypan until lightly browned. Add chopped sage, spinach and chicken stock. Cook until stock thickens. Serve in a bowl.

2**NUKE THEM INTO CHIPS**

Spray a plate with cooking spray, sprinkle with a dash of your favourite seasoning. Peel 170g sweet potato, then slice ½ cm thick with a mandoline. Place a single layer of slices on plate. Sprinkle with seasoning, microwave on high for 1 minute. Flip chips over and heat for another minute. Repeat for remaining slices.

3**SERVE THEM MASHED**

Peel a sweet potato and grate on a box grater's large holes. Place potato on a plate and stir in 2 tbsp water. Season with ⅛ tsp ground nutmeg, salt and pepper. Cover with baking paper. Microwave until soft, about 5 minutes. Serve with protein.

4**EAT THEM GRILLED**

Preheat grill to high. Cut a sweet potato into 1½ cm thick discs. Lay them on grill, spray with cooking spray, season with salt and pepper; grill 2 minutes per side. Mix ½ tbsp coconut nectar with ½ tsp minced red jalapeño. Drizzle over discs. Top with 1 tbsp plain fat-free Greek yoghurt and 3 tbsp pumpkin seeds.

5**MAKE A TRUFFLE**

Place ½ cup peeled grated sweet potato in a bowl and microwave 2-3 minutes. Add 2½ tsp cocoa powder, 2 packets monk fruit powder, salt and ½ tsp coconut oil. Stir and place in freezer for 4 minutes. Place 2¼ tsp shredded coconut and ½ tsp sweetener in a bowl. Form potato mixture into 2 balls, place each in the bowl and coat completely. Serve.



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JUST THE 1



BEGINNING



For IFBB physique pro **SADIK HADZOVIC**, winning the inaugural Arnold Classic Physique competition was a single step in his quest for ultimate aesthetics

BY MARK BARROSO /// PHOTOGRAPHS BY GARY PHILLIPS

AS A KID, SADIK ENJOYED DRAWING COMIC-BOOK CHARACTERS, WHICH LED TO AN INTEREST IN DEVELOPING HIS OWN MUSCLES

Having an awesome physique doesn't always begin with natural athletic ability. If you've ever thought, "I don't have good enough genetics," consider this: IFBB physique pro Sadik Hadzovic says, "I didn't have an athletic bone in my body. I was a nerd."

It's hard to believe that today, Hadzovic is the first-ever Arnold Classic Physique winner and quickly becoming the face of the division. It's fitting, then, that his show prep bucks convention.

"Leading into a show, I like lifting heavy while keeping the rep range low," Hadzovic says. "That gives my muscles the hard, dense look that's so highly sought after by judges."

Hadzovic always presents an incredible V-taper and super slim waist. And although such aesthetics take dietary discipline, Hadzovic attributes his onstage success to letting loose the proverbial yo-yo.

"I never underestimate the importance of cheat meals," he says. "Often, competitors diet so strictly that their metabolism actually slows."

As for what's next, Hadzovic's preparation for the 2015 Mr Olympia Men's Physique Showdown

(held in Las Vegas in September) will start 12 weeks out.

Hadzovic's first Olympia win would be another step on the ladder towards physique greatness. "My motivation comes from a deep desire to be the all-time best!"

Training for perfection

What happens when you combine strategic training, clean dieting and unique genetics? In Hadzovic's case, you get broad shoulders, massive arms and pecs and a shockingly tiny waist. This fitness model and pro physique competitor – who has competed in 15 shows since turning pro in 2012, never finishing lower than fourth in any of the contests, twice finishing in the top four at the Olympia and 2014 Olympia Men's Physique runner-up.

Going into his first Olympia, Hadzovic knew how to take his physique to the next level.

"I wanted to make sure that I came out onstage very symmetrical and proportionate," he says. "I didn't want to have any dominating body parts so I had to really focus on bringing in an athletic look."

Hadzovic believed his arms have

overpowered his back or shoulders at previous shows so he works on upper-body connector muscles that assist in standing straight and correcting posture in order to achieve a balanced physique. One aspect of his aesthetic physique that never changes: his 71cm waist.

"Whether I am 190 pounds (86kg) or 240 pounds (109kg), my waist is still tiny," Hadzovic says. "Training, diet and genetics are factors that contribute to that."

SADIK'S BACK WORKOUT

Below is an example of one of Hadzovic's typical back workouts

EXERCISE	SETS	REPS	REST
Wide-grip lat pulldown	4	12	45 sec
Standing cable pullover	4	10	45 sec
Dumbbell row	4	8	1 min
Chest-supported barbell row	5	10	1 min
Close-grip seated row	3	15	45 sec
Machine-assisted pull-up	1	Failure	–



**CHECK
OUT
SADIK'S
V-TAPER
WORKOUT**

HADZOVIC
SNAPSHOT

Height:	180cm
Weight:	86kg (competition)
Residence:	New York City, US



Train like an athlete


Throughout the year, Hadzovic lifts weights at least five days a week with the weight increasing and reps decreasing a month before competition. Rest periods go from 45 seconds at 16 weeks before the Olympia to 30 seconds 10 weeks out, then 25 seconds four weeks out.

To help maintain a scant 3.5 per cent body fat, Hadzovic does fasted cardio every morning, using one-minute sprint-rest intervals on a treadmill and StairMaster and burpee box jumps.

During the off-season, he eats about 4200 calories a day. Prior to a competition, however, he consumes about 3400 from sources like steak,

egg whites, chicken, fish, sweet potatoes, rice, oatmeal, asparagus, broccoli, almonds and olive oil, lowering carbs while upping fats and protein.

Hadzovic's best piece of competition training advice: train like an athlete to look like one.

"You want to have an athletic, more agile look, like a guy that can run around a track or do 30 straight pull-ups – and in order to look like that, you're going to have to be doing those things." 

FOLLOW SADIK

Twitter and Instagram: @SadikHadzovic

Website: sadikhadzovic.com

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SADIK'S CONTEST HISTORY

2nd Place

NPC Brooklyn Grand Prix 2011

3rd Place

NPC Eastern USA's 2011

1st Place & Overall winner

NPC Metropolitan NY 2012

2nd Place

NPC Jr USA's 2012

1st Place & Overall winner

NPC Jr. Nationals 2012

NPC Athlete of The Month

June 2012

2nd Place

IFBB Greater Gulf States 2012

2nd Place

IFBB Orange County Pro 2012

1st Place

IFBB Valenti Gold Cup 2012

4th Place

IFBB Houston Pro 2012

2nd Place

IFBB Orlando Europa 2013

4th Place

IFBB Pittsburgh Pro 2013

1st Place

IFBB New York Pro 2013

4th Place

Olympia 2013

2nd Place

IFBB New York Pro 2014

1st place

Arnold Sports Festival Pro
Men's Physique 2015

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THE RISE OF **CROSSFIT**



Is this Australia and New Zealand's most trusted training method?

FITNESS TRENDS COME AND GO, but for the past fifteen years a strength and conditioning methodology touted as being the most effective means for developing the “fittest people of earth” has been encouraging trainees from all walks of life to embrace the grind and reap the benefits of a lean, muscular, and functionally superior physique. Founded by Greg Glassman and Lauren Jenai in 2000, the fitness philosophy of CrossFit Incorporated has been adopted by many thousands of fitness enthusiasts, from overweight, physically weak individuals wanting to transform their physiques to professional athletes looking

BY
DAVID ROBSON
PHOTOS BY
**MELITA JAGIC AND
XAVIER WALLACH**



Overhead squats are challenging but crucial to Olympic lifting

to secure a performance edge. Such has been the exponential rise of CrossFit that it has grown from a one-gym operation in California in 2000 to being practiced today in over 9000 affiliated gyms worldwide.

The performance benefits of CrossFit are many and varied and to experience these benefits its members are expected to train with firm outcomes in mind and to give each workout their all. Because of its strenuous nature and multi-dimensional approach to building total fitness, CrossFit is known for transforming average people into athletes. In fact, so successful has CrossFit's incorporation of "constantly varied functional movements executed at high

CROSSFIT IS KNOWN FOR TRANSFORMING AVERAGE PEOPLE INTO ATHLETES

intensity" been in getting its trainees into the best shape of their lives that a special CrossFit Games (held each summer in the US) was set up in 2007 to give the world's best CrossFit athletes a chance to test their ever-increasing skills. CrossFit athletes – and all "CrossFitters" train like athletes – develop their formidable fitness through the use of equipment from multiple disciplines: gymnastics rings, free weights, kettlebells, skipping ropes, pull-up bars,

medicine balls and plyo boxes are among the many performance-enhancing tools of a CrossFit athlete's trade. Each hour-long CrossFit workout includes a selection of training modalities (including truck pulls!) to target a range of fitness components: cardiovascular, strength, power, flexibility, agility and various types of endurance. For the muscle-hungry, CrossFit also encourages size gains through its high-intensity protocols and emphasis of strength-building. Both competitive and challenging, CrossFit encourages its members to be ready for anything. Thus each session features a workout of the day (WOD) which varies in duration and intensity but is designed to thoroughly exhaust and challenge the body to become stronger and more resilient.

Two countries to have rapidly taken to the brutally high intensity nature of CrossFit are Australia and New Zealand. There are several likely reasons for such an enthusiastic reception. Known for valuing community spirit, the South Pacific neighbours tend to favour group sports and activities that foster camaraderie, rather than more individualistic pursuits. According to leading New Zealand CrossFit coach and owner of the Hamilton-based CrossFit Taurus, Michael Gillum, "New Zealand CrossFitters are attracted to the sense of community that is a major part of the CrossFit philosophy. The CrossFit community could be likened to a family environment and we encourage these close bonds among members. We are a very supportive group of athletes." Enter any CrossFit gym and you're likely to feel the community vibe. Members are encouraged to support one another. Many eat, train, relax and socialise together. Acceptance, mutual respect and an eagerness to embrace failure in front of one's

mates are important motivating factors for a Kiwi CrossFitter's continued training progression. Dedicated CrossFitters are required to take on all training challenges. A willingness to give anything a go and not being afraid to fail are personality traits that many Aussies and Kiwis find attractive. Because of its highly technical nature and the amount of dedication it takes to master all of its components, failure within CrossFit's ranks is not only a key part of the learning process but also to be expected at all levels.

The sense of community that attracts so many Kiwis and Aussies to training sessions which feature such a diverse range of activities as wall-balls, burpees, sledgehammer swings and squats can also be extended to the sporting arena. Few nations so thoroughly embrace the concept of team sport as New





Rowing on the concept 2 is a great whole body cardio workout



Farmers walks are relatively simple in theory much harder in practice. Pure strength required



The Olympic lifts, Clean & Jerk and the snatch, are used throughout most CrossFit WOD's for power & strength



The muscle up is one of the most sought after movements when people first start CrossFit training



WOD's are scaled so that almost everyone can do the same workout



The classic powerlifting move, the deadlift, plays a big part in CrossFit



CrossFit is hugely popular with both women & men. The weights are adjusted for the ladies but all exercise movements are the same.



"The Pig" simulates the same movement as tyre flipping



Many a kiwi rugby team, including no less than the legendary Canterbury Crusaders, has successfully employed CrossFit to maximise athletic ability. With many training regimes the general physical preparation (GPP) required to become athletically superior is often overlooked in favour of specific physical preparation (SPP) protocols. What CrossFit attempts to do for its seasoned athletes is to make them better in every aspect of their performance without emphasising one trait over the other.

A down-to-earth population who tend to be dubious of anything too "fancy", New Zealand and Australian CrossFitters prefer the bare-bones, back to basics approach unique to CrossFit training. Historically hard-working people, Kiwis and Aussies are drawn to CrossFit's intensive nature. Club owner of arguably New Zealand's most successful CrossFit enterprise, CrossFit Auckland, where he doubles as Head Coach and Director of Physical Performance, Alex Porter, a champion kickboxer and MMA fighter, has used the rigorous training system to enhance his own sporting success. He is committed to turning on other Kiwis to just how effective CrossFit is for developing complete fitness.

"The sports Kiwis have embraced are those that are physically demanding," says Porter. "We tend to gravitate to those sports where you have to put yourself into a place of discipline and sacrifice to do them well. Between that and the fact that Kiwis are generally a social bunch, our affinity for CrossFit kind of goes hand and glove. The ubiquitous sense around the world is that people love the social aspect of it and that they are becoming connected with other people." In co-founding New Zealand's second CrossFit gym in 2008 (CrossFit New Zealand, which also opened

in 2008, was the first) Alex has seen first-hand the rapid rise of CrossFit in New Zealand, to where there are now 115 unique gyms, 45 of which are based in Auckland. The inherent competitiveness of CrossFit means that both newcomers and established athletes (of any code) are continually striving to achieve multiple objectives in condensed time periods. Says Porter, who also runs what many consider to be New Zealand's premier fitness competition, the Battle of the Fittest: "the difference between exercising and training is that training pre-supposes you have an outcome. With CrossFit you find you have more things to train for and

PEOPLE LOVE THE SOCIAL ASPECT OF IT... THEY ARE CONNECTED WITH OTHER PEOPLE

Zealand and Australia do. Many fitness-minded Australians and New Zealanders come from strong sporting backgrounds with contact games such as rugby and league being particularly well represented. However, beyond a certain age the realities of life often preclude further involvement in such bone-jarring pursuits. Many such athletes retire early. Almost all miss the feeling of camaraderie they experienced playing sport with their friends. Enter CrossFit. With its focus on teamwork, friendship and grinding physical effort, CrossFit can replicate for the Kiwi and Aussie ex-athlete the conditions of team sport and restore the sense of pride each athlete is likely to have felt representing their code. For the sporting professional, CrossFit is a viable way in which to enhance physical performance.

you can nurture your competitive side." Kiwis and Aussies, being among the world's most competitive sportspeople, are naturally attracted to the CrossFit challenge. The strong community bonds forged through mutual training objectives and inclusiveness that CrossFit has to offer, in addition to the daily workout challenges which exact a tremendous physical toll and from which continuous training progress can be achieved, are in part what keep the masses coming back for more uniquely gruelling CrossFit sessions. **MAP**



**FOUR WEEKS DOWN
FOUR WEEKS TO GO**

**It's time to kick your
training into high gear
and finish strong**

BY BEN BRUNO
PHOTOGRAPHS BY EDGAR ARTIGA

THE 2015

ROCK HARD

CHALLENGE

PART II



Part II of the Rock Hard Challenge follows the same tenets as Part I. You're not going to see any wholesale changes to what you've been doing. If it ain't broke, of course, it's not time to fix it. While your body may have adapted to some of what you've been doing over the past month, it will not

have adjusted completely. By adding a few intensity techniques to your training and steadily dialing back the carbs in your diet over the next four weeks, you'll be ready for your triumphant after photo – which could earn you some big props on social media.

You'll notice that the general warm-up from Part I is back and hasn't changed at all. Many of the moves have also stayed the same. What has changed is your

rest time. If you were taking one minute to 90 seconds between sets in Part I, reduce it to about 45 seconds to a minute and moderately increase the weight you use on each move.

As for your diet, think macros rather than serving sizes. To gain muscle, aim for 14-18 calories, 2 grams carbs, 1-1.5 grams protein and 0.4 grams fat per half kilo of body weight.

Each small change, in and of itself, may seem like nothing, but when taken as a whole, they'll add up to big-time changes to your physique. Trust in the program, stay the course with your diet and it will all come together.

GROOMING BY VALISSA YOE



PHASE 2
WEEKS 5-8

WORKOUT

DIRECTIONS: do each workout once per week for four weeks. Perform the warm-up before every workout. Perform any exercises labeled A, B or C in sequence. Videos of this workout, including the warmup, can be seen at muscleandfitness.com.

WARM-UP

DIRECTIONS: do all five exercises as a circuit, resting 90 seconds to two minutes after scapular push-ups. Repeat the circuit a second time.

EXERCISE	REPS
Squat-to-stand	10
Alternating lunge	5 each leg
Lateral lunge	5 each leg
Stationary spiderman	5 each leg
Scapular push-up	10



DAY 1

LOWER BODY

EXERCISE	SETS	REPS
1A Sumo deadlift	4	5
1B Kneeling hip flexor mobilisation	3	10 each side
2A Bulgarian split squat	3	6 each leg
2B Ankle mobility	2	10 each side
2C Dumbbell suitcase carry	2	30 metres each arm
3A Single-leg hip thrust	3	12 each leg
3B Sumo squat stretch	3	20 sec
3C Front squat	3	8



SUMO DEADLIFT ▲

Stand in front of a loaded barbell on the floor with a wide stance and your toes pointed outwards. Squat down and grab the bar with an alternating grip, your hands inside your thighs. Engage your glutes and hamstrings as you stand up.



FRONT SQUAT

Hold a loaded barbell in the rack position – across your front deltoids – and stand with your feet slightly wider than hip-width apart. Perform a squat, initiating the move from your hips, keeping your weight centred over your heels. If you lack the wrist flexibility to use the hand grip shown, cross your arms in front of your body to hug the bar to your shoulders.



DAY 2

UPPER BODY



EXERCISE	SETS	REPS
1A Pull-up	4	Failure
1B Scapular wall slide	4	10
2A Barbell bench press	4	5
2B Ab wheel rollout	3	10
2C Face-pull	3	15
3A Feet-elevated push-up	4	Failure
3B Batwing curl	3	8 each arm
3C Hanging leg raise	3	10

BATWING CURL ▲

Hold a pair of dumbbells and lie facedown on an incline bench set to 45 degrees. Row the right dumbbell up to your chest and hold it there while you perform curls with your left arm. When you've completed the assigned number of reps, row the left dumbbell to your chest and perform curls with your right arm.

AB WHEEL ROLLOUT ▼

Hold an ab wheel with both hands and kneel on the floor. Set the wheel on the floor in front of you and roll it away from your body. Keep your elbows locked out and your back flat as you extend your body. For advanced variations to involve your obliques, try rolling out to the right and to the left.





DAY 3

LOWER BODY



WALKING LUNGE

Clasp your hands behind your head and perform walking lunges, dropping your back knee to the floor on each rep. Since this workout starts with a body-weight superset, you shouldn't rest more than 30-45 seconds between supersets. Rip through these exercises quickly (but with good form) and move on.

EXERCISE	SETS	REPS
1A Walking lunge	3	8 each leg
1B Sumo squat-to-stand	3	8
2A Single-leg stabilityball leg curl	3	8 each leg
2B Leg lower	3	8
2C Pallof press	3	12 each side
3A Dumbbell RDL	3	10
3B Stability ball body saw	3	10
3C Kneeling hip flexor mobilisation	3	10 each side



DAY 4

UPPER BODY

EXERCISE	SETS	REPS
1A Barbell overhead press	4	6
1B Dumbbell row	3	8 each arm
2A Chest-supported row	4	8
2B Incline dumbbell press	3	8
2C Scapular wall slide	3	10
3A Close-grip push-up	3	Failure
3B Hammer curl	3	8 each arm
3C Plank shoulder tap	3	8 each side

CHEST-SUPPORTED ROW

Hold a pair of heavy dumbbells and lie facedown on a 45-degree incline bench. Row both dumbbells up to your sides simultaneously, initiating the move by retracting your shoulder blades. Hold the weights there for 1-2 seconds and "pinch" your shoulder blades together. This will give extra attention to your rhomboids, the muscles between your shoulder blades.





DAY 5

TOTAL-BODY DUMBBELL COMPLEX

DIRECTIONS: perform all six exercises in succession without putting the dumbbell down. Start with a 10- or 15kg dumbbell, then adjust for subsequent sets. For Weeks 5 and 6, perform three rounds of the complex. In Weeks 7 and 8, perform four rounds of the complex.

EXERCISE	REPS
1 One-arm dumbbell snatch	5 each arm
2 Goblet reverse lunge	5 each leg
3 One-arm overhead press	5 each arm
4 Single-leg offset RDL	5 each leg*
5 One-arm dumbbell row	5 each arm
6 Goblet squat	10

*The leg on your unweighted side should stick out straight behind you until almost parallel with the floor.



ONE-ARM DUMBBELL SNATCH

Squat down to grab a heavy dumbbell with one arm (1), then explosively stand up, rising onto your toes and pulling upward; the momentum you generate should be enough to propel the weight (2). Dip your knees and “catch” the weight overhead (3).



GOBLET SQUAT

Hold a single heavy dumbbell with two hands at your chest, with your palms supporting the underside of the top portion of the bell. Squat low until your thighs are parallel with the floor. Drive through your heels to stand up. The goblet squat is the last move in the circuit. Rest one minute at the end of the set, then start again with the snatch. **M&F**

ABOUT THE TRAINER

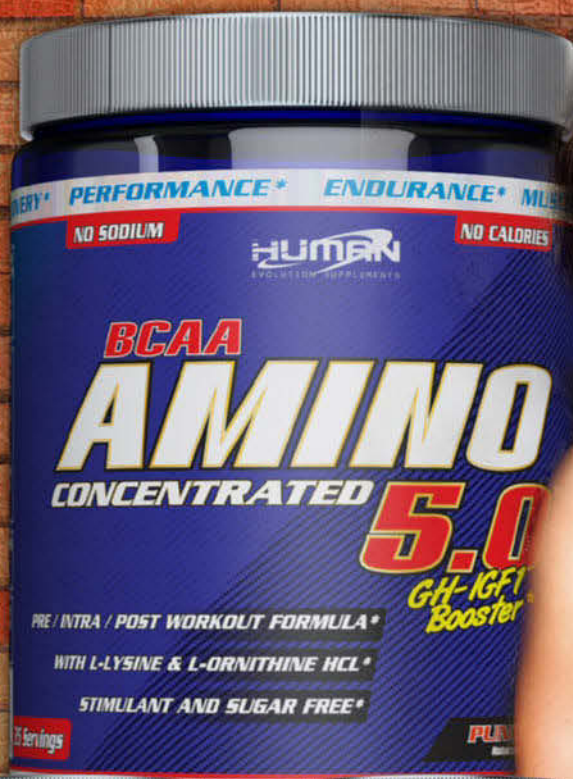
Ben Bruno is an LA-based celebrity trainer. Learn more from him at benbruno.com





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THE 10 STRONGEST HUMANS EVER TO WALK THE EARTH

WE COMBED THE RECORDED HISTORY OF ALL
STRENGTH SPORTS TO PRESENT YOU WITH THE
10 STRONGEST MEN OF ALL TIME

BY SHAWN PERINE

THROUGHOUT HISTORY, mankind has been obsessed with physical strength. Since the days when the legends of Hercules first took shape, to the ancient Olympic Games where wrestling matches were used to determine the strongest man alive, we have always wanted to name one man above all others. As the centuries wore on, the methods for determining the strongest man grew more sophisticated, from the advent of Highland Games to Olympic weightlifting.

Since 1977 the presumed strongest men in the world have gathered annually to compete in the World's Strongest Man competition (WSM) to determine who's No. 1, with similar contests being held by the International Federation of Strength Athletes (IFSA) and at the Arnold Sports Festival.

Still, with all the various ways we've devised to determine who is the strongest of the strong, it seems we've managed only to create factions, each loyal to the top athletes in their sport or organisation of choice.

Powerlifting fans might tell you that Ed Coan is, kilo for kilo, the strongest man who's ever lived or that the far larger Andy Bolton is the overall strongest. **FANS OF THE WSM COMPETITION MIGHT POINT TO THREE-TIME WINNER BILL KAZMAIER** or five-time winner Mariusz Pudzianowski.

All of the men listed above have a legitimate claim to being history's strongest man, but really

just one can claim ultimate strength, and we've decided who that person is. To do so we've consulted with a man whose name deserves to be included in every discussion regarding strength. Dr Terry Todd isn't merely the United States' first national powerlifting champion (in 1964 and '65), he was also the first man to total 725, 770, 815 and 860 kilograms. Dr Todd is also the creator of the Arnold Strongman Classic, one of the most renowned strength historians in the world, and he and his wife are the directors of the world's largest collection of physical fitness and strength memorabilia, the Stark Center for Physical Culture and Sports at the University of Texas

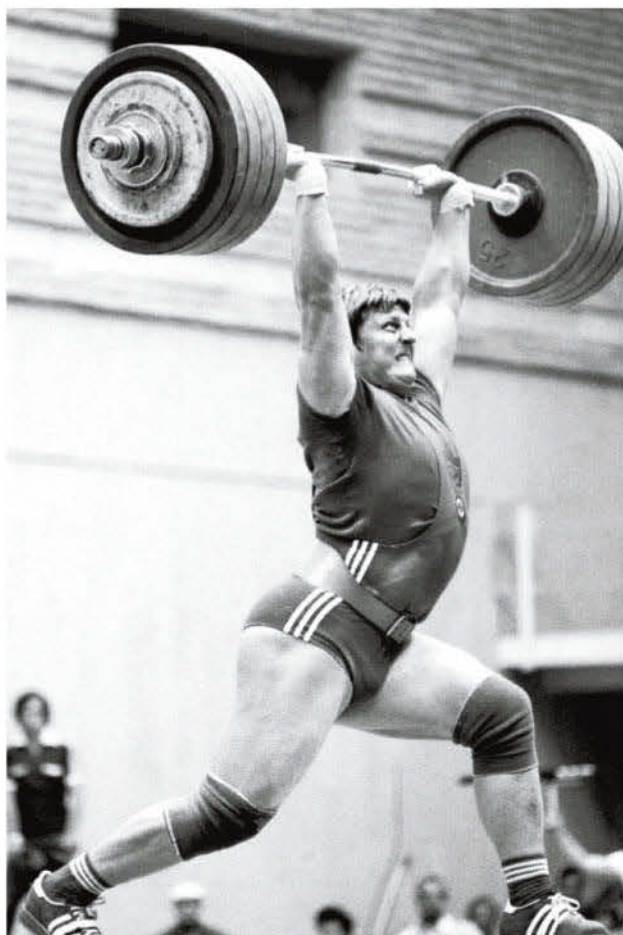
at Austin in the US.

We drew upon Dr Todd's vast collection and reviewed countless articles detailing the feats performed by men of all eras.

We'd like to make it clear that comparing athletes whose peaks came a century apart makes educated speculation a must. First, there's the issue of chemical enhancement, something obviously not available to a Louis Uni. Second, Todd points out that during the late 19th and early 20th centuries, strength athletes didn't so much train as give performances on an irregular basis. The strength they displayed for gawking crowds was raw and untrained – and it was their performances that made them stronger, nothing systematic. In this light, we attempted to recognise not just recorded strength but potential strength as well. Call it a metaphysical levelling of the playing field.

Without further ado, we believe this list to be the most definitive of its kind. Enjoy!





10

STRONGMAN BRIAN SHAW

BORN: USA, 1982 **HEIGHT:** 200CM+ **WEIGHT:** 197KG

Shaw shares something in common with the legendary Bill Kazmaier – both men have placed top three at the World's Strongest Man a total of five times. Shaw, a two-time WSM winner (2011, 2013), has posted bests of 440 kilograms in the deadlift and 508 kilograms in the Hummer tire deadlift in competition (with straps). In the gym, he's credited with squatting 374 kilograms, benching 242 kilograms, and deadlifting 447 kilograms (with straps).

9

WEIGHTLIFTER LEONID TARANENKO

BORN: USSR, 1956 **HEIGHT:** 180CM **WEIGHT:** 118KG

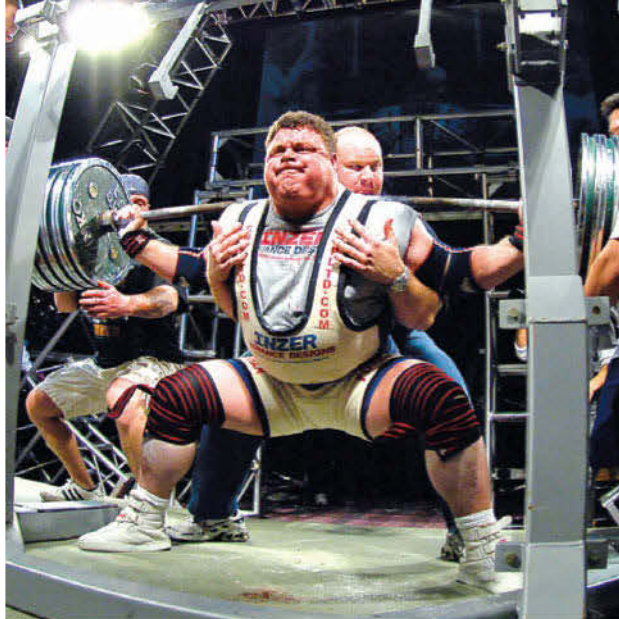
Taranenko set the world record in weightlifting for the clean and jerk (266 kilograms) and total (475 kilograms) way back in 1988 – an aeon in weightlifting years – and these records still stand today. Due to restructuring by the International Weightlifting Federation of its weight classes, Taranenko's official records no longer stand, but his lifts have yet to be equaled. You know how hard it is to bench six plates? Imagine lifting it overhead. Now that's power!

JASON BREEZE: RIA NOVOSTI/ALAMY

8 POWERLIFTER ANDY BOLTON

BORN: ENGLAND, 1970 **HEIGHT:** 180CM **WEIGHT:** 159KG

Britain's Andy Bolton is the first man in history to have deadlifted 1000 pounds (453kg). Twice during competition he eclipsed his own accomplishment with pulls of 1455 kilograms and a then-record 457 kilograms. Bolton holds the fourth highest squat of all time (550.4kg) and his three-lift total of 1272.934 kilograms ranks third highest in history. He once stated his goal was to break the mythical 3000-pound (1360kg) total, a feat not even dreamed of by most powerlifters of any era.



7 POWERLIFTER BRIAN SIDERS

BORN: USA, 1978 **HEIGHT:** 188CM **WEIGHT:** 156KG

Siders belongs on this impressive list for his overall strength – he excels in all three powerlifts with personal bests of 462 kilograms in the squat, 362 kilograms on the bench and a deadlift of 392 kilograms. His best raw lifts include 295 kilograms on the bench and 381 kilograms in the deadlift. Siders takes pride in having achieved the aforementioned feats without the use of performance enhancement, meaning that his strength derives purely from genetic blessings and brutally hard work, much like that of the following man...



Uni reportedly clean and jerked a 118kg train axle and wheels

6 STRONGMAN EDDIE HALL

BORN: ENGLAND, 1988 **HEIGHT:** 189CM **WEIGHT:** 173KG

This British Strongman broke the world deadlift record at the recent Arnold Classic in Melbourne, hoisting a back-breaking 462 kilograms in front of a rather excited Mr Schwarzenegger. He's also won Britain's Strongest Man, UK's Strongest Man and England's Strongest Man several times, and competed at both the European and World Strongest Man events. While he spends his days throwing huge weights around now, when he was in his teens, Hall was national swimming champion.



5 **STRONGMAN** **VASYL VIRASTYUK**

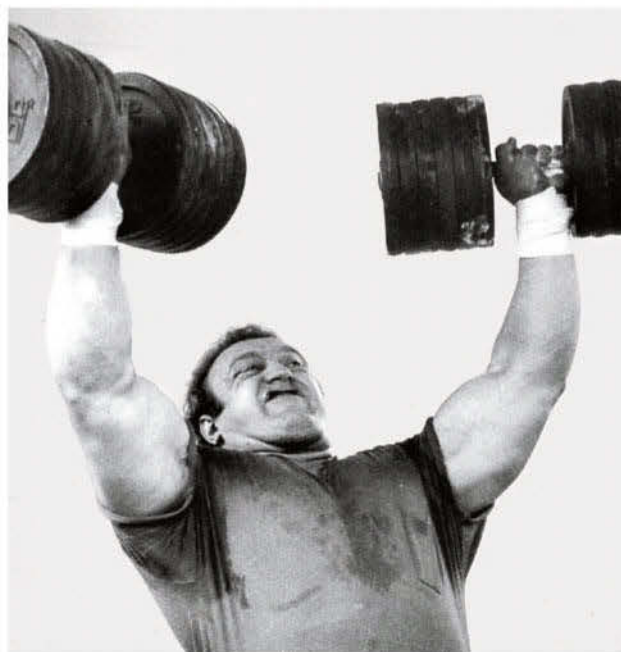
BORN: UKRAINE, 1974 **HEIGHT:** 190CM **WEIGHT:** 145KG

Virastyuk is the first person ever to be declared the strongest man alive in both the World's Strongest Man and IFSA World Championship competitions, winning in 2004 and 2007, respectively. In fact, he edged out the man who tops this list when he achieved victory at the IFSA contest. Additionally, the Ukrainian strongman took second place at the Arnold Strongman Classic on three occasions (2005-07). Now 40, Virastyuk has been retired from competition for some time, but his accomplishments and his legacy live on.

4 **WEIGHTLIFTER, POWERLIFTER, SHOWMAN** **PAUL ANDERSON**

LIVED: USA, 1932-1994 **HEIGHT:** 175CM **WEIGHT:** 159KG

Paul Anderson's name may be the most controversial one on this list. Proclaimed by some to be far and away the strongest man who ever lived, he also has his share of skeptics. Whether he really squatted 1200 pounds (544kg) is open to debate, but Dr Todd personally witnessed him squat 700 (317kg) for eight reps in an exhibition - at a time when the official world record 1RM for the squat was about 315 kilograms. Anderson won an Olympic Gold medal for the US in weightlifting in Melbourne in 1956.



MAT SZWAKJOS: COURTESY OF THE STARK CENTER FOR PHYSICAL CULTURE & SPORTS, THE UNIVERSITY OF TEXAS; BETTMANN/CORBIS

3 **POWERLIFTER, STRONGMAN** **BILL KAZMAIER**

BORN: USA, 1953 **HEIGHT:** 190CM **WEIGHT:** 150KG

"Kaz" is considered by many to be the strongest of the strong, and it's hard to argue. The winner of the '80, '81 and '82 WSM contests, Kazmaier was barred from competing in 1983 by the event's organisers because it was assumed that so long as he competed, no one else would ever get the chance to savour victory. Kaz was the first man to lift all five McGlashen stones, which weigh between 90 and 160 kilograms. His 330-kilogram bench press stood as the world record for years, and if not for a pec tear shortly thereafter he would have surely bested it himself. His 1099-kilogram total, set back in 1981, is still the record for raw (no bench shirt, no squat suit) powerlifting today.

WEIGHTLIFTER, POWERLIFTER,
STRONGMAN, WRESTLER

MARK HENRY

BORN: USA, 1971 **HEIGHT:** 193CM **WEIGHT:** 187KG

Henry holds the unique distinction of being the only man ever to hold both the US weightlifting and powerlifting superheavyweight championship titles at the same time. Despite his incredible feats, Dr Todd believes that Henry has stores of untapped potential that we never got to see as he pursued a career in WWE. So in theory at least, Henry might have been the strongest man in history. However, we think one man has him beat...



POWERLIFTER, STRONGMAN

ŽYDRŪNAS SAVICKAS

BORN: LITHUANIA, 1975 **HEIGHT:** 190CM **WEIGHT:** 181KG



IN OUR OPINION, HE IS THE STRONGEST MAN

of all time. You just can't argue with these numbers: Savickas has won the Arnold Strongman Classic seven times (2003-08, 2014), which is considered a truer test of pure strength than the better-known WSM competition. In 2005, he broke three world records en route to victory at the IFSA Strongman World Championship. The next year he again took top honours.

Savickas placed second at the WSM competition in 2002, 2003 and 2004, usually dominating the events that involved pure strength while not doing as well in those that required speed and agility. In 2009, he broke the streak by winning the WSM - an accomplishment he'd repeat in 2010, 2012 and 2014. In 2014, Savickas also set a new world record with a 500-pound (227kg) log lift to complement his other impressive totals: a raw squat of 400 kilograms, a 408 kilogram deadlift and a 285-kilogram bench.

THE CANDIDATES

More than a few men can stake their claim as being history's strongest, and while we just listed our top 10, a number of others also deserve high praise: Ed Coan, Franco Columbu, Marvin Eder, Lamar Gant, Mikhail Koklyaev, Magnús Ver Magnússon, Mariusz Pudziałowski, Jón Páll Sigmarsson, Naim Süleymanoğlu and OD Wilson.



MIR

VANCE

McMAHON

The WWE's
chairman is still
making gains
at 69 years old.
Will you be?

BY SEAN HYSON /// PHOTOGRAPHS BY PER BERNAL



ULK HOGAN. BRET HART. “STONE COLD” STEVE AUSTIN. THE ROCK.

They’re names you grew up with (or have grown old with), and you can’t imagine sports entertainment – or even television, for that matter – without them. And you have one man to thank for letting them entertain and inspire you all these years, even though you may hate to admit it: Mr McMahon.

Vince McMahon, of course. Chairman and CEO of WWE, pioneer of pay-per-view television and the man who recast pro wrestling from a ring pseudo-sport into a family-friendly sports-entertainment phenomenon that millions of fans now enjoy around the world. Though he has long played a despicable corporate tyrant on WWE broadcasts, the real McMahon has stayed true to his humble roots and, very visibly, his love of weight training. Verging on 70 years old, he’s 109kg and hovering at 5 percent body fat, and he’s not about to trade the weight bench for a rocking chair. Read how he’s training after more than 50 years in the iron game, and see if you can keep up!

M&F: What got you interested in weight training?

McMAHON: I was 14 and Steve Reeves had just done *Hercules*. was motivated by him. He had an amazing physique. Also, Dr Jerry Graham, who was one of my dad’s premier performers back in the day [Vince McMahon Sr owned WWE (then WWF) prior to Vince taking control], gave me my first set of weights. I remember the name of the company that made them – Healthways.

You’ve trained with some of the Superstars over the years. Can you tell us a story about one?

I trained with Mark Henry once. We were training back that day, and the World’s Strongest Man could not keep up.

We interviewed Henry in a previous issue, and he mentioned that you gave him a pretty good beating.

[Laughs] First of all, when you’re my age, you need to have a few tricks up your sleeve. I showed up, and Mark was full of adrenaline, ready to train, and couldn’t wait. I went to my locker room and stayed

there. I read, did some business, and an hour later I came out. By the time I came out, Mark’s energy and enthusiasm had waned considerably. From a psychological standpoint, I tried to gain an advantage there and did.

And Mark is a strongman type of lifter – one and done, or two reps. I was very deferential to Mark in the first giant set we went through. But in the second one he was green around the gills. That’s when I started saying, “The World’s Strongest Man is not doing too well at the moment.” By the end of the workout, I was all over him. “Come on, Mark! I’m 60-something years old, and you’re the World’s Strongest Man!” Psychologically, I pretty much decimated him on that last giant set. I almost felt sorry for him, but he challenged me. That was a fun day for me.

You’ve always been a very physical guy, but people were surprised that you decided to take part in gruelling WWE matches for the first time

when you were in your 50s. Had you been practising falls for years, or did you have to learn to be a WWE athlete almost overnight?

I always wanted to be an in-ring performer, and my dad – who preceded me – wouldn’t allow me to because he felt you couldn’t be an objective businessman and a performer at the same time. It was something I wanted to do, and the opportunity just presented itself. Quite frankly, I had not trained in the fundamentals. I knew how to do it; I’d just never done it. All of a sudden I was an in-ring performer and a producer and director. It was difficult to do it all, so my dad was right. But it was so much fun.

I did what we call “working close” – I connected every shot with my adversary in the ring so as not to make him look bad. And likewise I knew I couldn’t sell what they were doing to me unless I could feel it, so I asked them to lay it in, too.



SPORTS ENTERTAINER: McMahon wrestled in his school days and served as a commentator on his own broadcasts

Did you worry for your safety?

I did. No one else did! Who in God's name would get in the ring at 50-something? But I've never asked any of our performers to do anything I wouldn't do. And I've done a lot through the years. [Getting in the ring] wasn't something I planned; it just sort of evolved. It started with Bret Hart and then went into the Stone Cold situation. Mean old egotistical executive picking on working-class "Stone Cold" Steve Austin. It was easy for me to do.

What led to the shaping of the Mr McMahon character, and where does that villainy come from?

I grew up dirt poor. When you're in that class – a lower economic class – everyone is, quote, "above you". And there were a number of individuals who thought they were above me because of their economic situation. It always bugged me that people would think they were better than me. I developed a philosophy that no one's better than me, and at the same time I'm no better than anyone else. Even though I am one, I don't associate with rich people,

“Come on, Mark! I'm 60-something years old, and you're the World's Strongest Man!”

generally speaking. I don't belong to country clubs. It was easy for me to feel that [Mr McMahon character] psychologically.

As far as being mean, my background is a varied one. I had a violent stepfather. It was easy for me to feel what that was like. Really, I'm more like "Stone Cold" Steve Austin – I'm the common man. To this day I am. I drive a nice car and what have you, but I think one of the keys to WWE's success, quite frankly, is that I remain who I am.

Do you think growing up like you did gave you a certain anger that made you push your body harder?

I wouldn't say it was anger, but I find the gym to be a socially acceptable way for me to rid myself of this superaggression that I have.

I think it's just naturally there.

I don't think it's necessarily a result of the environment that I lived in. I think it's more genetic than anything else. Training is a way to deal with that aggression.

I generally train at night, sometimes at midnight. There's a wonderful gym in our office building. Training helps me physically, but it gives me stability mentally. If I don't train, I'm an angry bear.

With your physique, were you ever worried that you'd make some of the Superstars look small?

[Laughs] No. In the old days [when McMahon was a ringside announcer] I was concerned about the performers not being as tall as me. We would compensate for that in various ways.

Did you have them stand on a box?

Yes. Pampero Firpo is an example. We had him standing on an apple box. I often didn't wear any shoes.

BUTTING HEADS: nearing what would be retirement age for most men, McMahon was actively performing with the likes of Hulk Hogan



What is your advice for sticking it out in hard times?

I think you have to develop an attitude. From the severity that I experienced, taking numerous beatings and things of that nature, I developed a defensive philosophy that has served me very well through the years. That is: if I lived through whatever the adversarial position was, I won. No matter what happens, if I'm still breathing in and out, I won. So if you have that kind of philosophy, then failure is not a big thing.

COURTESY OF WWE



ANYTIME, ANY PLACE: if McMahon knows he might miss a training session due to his hectic schedule, he will double up on some days

“I got a personal best of a 700-pound squat for three reps, after a double quad tear”

What is your fitness and nutrition regimen like these days?

I'm still making gains. Very, very slow gains [laughs], but I am, and that's something you can do for the rest of your life. If you train as a lifestyle, it helps you through everything. My training has evolved. When I worked out with [bodybuilder] Steve Stone, he had an old-school philosophy of just get the weight up. It doesn't matter how you do it, just get it up. And with that philosophy I got a personal best of a 700-pound (317kg) squat for three reps when I was 60-something, and that was after a double quad tear. That was an arena injury [not training related].

What I do now with Mike Monteforte, my trainer... I don't really have a trainer. We train together. He is my trainer, but we train together. I don't like people saying, "Come on! You can do it." It makes me want to rack the weight and say shut up. Mike's training and technique are totally different from Steve Stone's. Mike's technique is one of safety, which is so important. His philosophy is, don't do anything where you can get hurt. You can do a max, but you really have to work into it. I recently had a resurfacing of my left hip, so I'm at a 560 (254kg) squat now, and our goal is to get back up to 600 (272kg).

That's an incredible number for someone at any age.

Age really doesn't have anything to do with it. I'll be 70 in August. I had a personal best a few weeks ago on the incline Hammer Strength machine. I did five reps with 450 (204kg). It's important to make gains, but it's important to be safe. If you have an injury in the gym, it sets you back so much it's not worth whatever gain you were going to make. That's why strict form is so important. It's about form, not the weight.

What's the WWE corporate gym like?

I consider the gym church. It's sacred ground. When you walk in there, you walk in with respect, and everyone is welcome. It doesn't matter what your body type is. But if you're screaming and growling and dropping your weights, I'll show you the door. Stay away from the muscleheads who are growling. That's not allowed in my gym.

Another thing that's not allowed in my gym are mobile phones.

What are you eating?

I look at eating as fuel. I'm not that conscious of the protein I eat, but I know it's a lot. I think cheat meals are very important, so I do it about once a week. When you cheat, go for it. It's important from a psychological standpoint. Oreos are my favorite cookie. I'll eat an entire box. And my philosophy is that the body can assimilate only so much in a given time. If you have two or three Oreos every day, not good. But if you eat an entire package of Oreos at one time, it's OK. It just passes through. I'll eat pasta loaded up with meat sauce. Pizza. All the carbs you stay away from normally, load 'em up. I will gorge. It's almost like I will force-feed myself on a cheat meal. And afterward I think, "Oh, my God, I don't want to feel like this." So it gets me back in the frame of mind immediately after the digestive process to do the right thing.

FAMILY FEUD: McMahon, his son-in-law Paul "Triple H" Levesque, and daughter Stephanie make up the most powerful trio in sports entertainment

You've been credited as one of the pioneers of pay-per-view TV as well as the man who reinvented sports entertainment. What do you think your legacy will be?

I don't look at myself as having a legacy in entertainment, and quite frankly I don't care. It doesn't matter what I think, it's what people perceive. I'm not good at patting myself on the back. I want to be known as a loving father and grandfather. And if I'm lucky, a great-grandfather. And I'm the luckiest man in the world without question, so it might happen.

What will happen to WWE if you retire, or, eventually, go up to that big ring in the sky?

Our future from a corporate standpoint is extremely strong because we have so many talented executives, and they all bring different strengths to the table. Steph [daughter] and Paul [son-in-law] will have significant roles going forward. I think when I kick, the organisation is going to change, and I think for the better, because there's no one person who can do all that I can do because of my background.

There's no one individual who's going to take my place.

What is your advice to young entrepreneurs?

Have a passion for what you do and you'll never work a day in your life.

And what is your advice to aspiring Superstars?

Reach for the brass ring. Don't be happy with just making the team. It's important to not be concerned with failure and not be afraid of making a fool out of yourself. You know, when I was my character, I did all kinds of things that to the normal person would be humiliating. But it was a character, and I think you can't be afraid of failing in front of a live audience. You need to be able to learn from it and accept it. Don't be afraid to try new things.

Do you have a favourite Superstar?

That would be Undertaker because of his loyalty, his longevity and his extraordinary commitment to his character. We have lots of fun creating fun. [Superstars] try to crack each other up from time to time, and we all have tried to get Undertaker to break character, and we can't do it. He is such a professional and an extraordinary human being behind the character. He's committed to his craft and has worked through injuries.

What is your favourite WrestleMania moment?

WrestleMania III in front of what was the largest indoor attendance record – 93,000 people at the Silverdome in suburban Detroit. When Hulk Hogan slammed Andre the Giant. I think that's been the biggest moment thus far.

Do you think you'll ever surpass that?

I think there's a good opportunity with an announcement we'll make soon. **MBF**



VINCE McMAHON'S BACK WORKOUT

Giant sets and little rest define this routine for lats as wide as a barn door.

BACKING IT UP: McMahon's favourite body part to train is back - he can do bentover rows with 143 kilos for 10 reps

McMahon trains up to seven days a week, sometimes doing two-a-days if he knows he may miss a session due to his gruelling schedule. He rotates through a split of chest, shoulders, arms, legs and back (which is his strongest body part and favourite to train).

"On the bentover row he can do 315 (143kg) for 10 reps," says Mike Monteforte, McMahon's trainer and workout partner. "He has unbelievable strength in his back." After completing a body part, the two will then do a CrossFit-inspired workout consisting of battling rope slams, sled drags, sledgehammer swings (with a hammer named Big Jack, an allusion to the AC/DC song) and sprints. After that - yes, there's more - he does a circuit of ab exercises. The whole training session takes 90 minutes.

McMahon does most of his exercises as giant sets, performing them in groups of three. He'll do one set for each exercise in the group before resting and then do the same for all other groups in the workout. He then returns to the first group to increase the weight and decrease the reps and repeats the cycle. He rests while Monteforte works and vice versa. At right is a sample back day.

GIANT SET 1

EXERCISE	SETS	REPS
Lat pulldown*	3	15, 12, 10
SUPERSET WITH		
Bentover row	3	15, 12, 10
SUPERSET WITH		
Shrug	3	15, 12, 10

GIANT SET 2

EXERCISE	SETS	REPS
Cable row	3	15, 12, 10
SUPERSET WITH		
Close-grip pulldown	3	15, 12, 10
SUPERSET WITH		
Pullover	3	15, 12, 10

GIANT SET 3

EXERCISE	SETS	REPS
DB bentover row	3	15, 12, 10
SUPERSET WITH		
One-arm pulldown	3	15, 12, 10
SUPERSET WITH		
One-arm row	3	15, 12, 10

After performing every giant set once for 15 reps, McMahon repeats the routine for 12 reps, then 10. When he feels strong, he'll occasionally max out for a set of five or three reps.

* McMahon performs four to five warm-up sets of 20 to 25 reps first.





YOUR

BY STEVEN STIEFEL

NUTRITION OVERHAUL

**NO SINGLE NUTRITION PLAN IS
PERFECT FOR ALL OCCASIONS. TRY
THESE TWEAKS TO IMPROVE YOUR
RESULTS NOW AND IN THE FUTURE**



WHEN YOUR GOAL IS TO INCREASE MUSCLE MASS WHILE DISPLAYING A RIPPED PHYSIQUE,

you need to make significant shifts to your diet plan about every eight weeks. That's because your body adjusts to the amount of calories and the ratio of macronutrients you've been consuming and you'll "plateau," meaning you'll stop seeing the marked improvements that you saw over the first few weeks of your current plan.

So, yes, you can "eat clean" year-round, but you won't grow as much overall compared with when you alternate between shifting nutrition programs that complement each other, spurring more muscle growth and reducing levels of body fat over time.

This article gives you food for thought on changes you can make to your current nutrition program to encourage better long-term gains. While these are all valid strategies, you shouldn't try them all at once. They're meant to provide your body with different levels of calories and ratios of macronutrients that create metabolic confusion to support muscle building and fat burning. As the late Dr Jim Wright famously said in these pages: "Everything works, but nothing works forever."

Here are some changes you should consider implementing for about eight weeks each:



SALMON IS AN EXCELLENT SOURCE OF HEALTHY OMEGA-3 FATTY ACIDS



GO HIGH FIBRE FOR ENHANCED DIGESTION

BENEFIT Increasing your fibre intake not only supports long-term health, it can also improve digestion so that you'll get better results from the other healthy foods you're consuming.

INCREASE DIETARY FATS TO SUPPORT MUSCLE BUILDING

BENEFIT A diet high in fats supports hormone production, which in turn leads to improved ability to add muscle mass. Consuming a diet high in fats also helps you cut carbs and total calories if your objective is to reduce body fat.

GOOD FOR Those who've been on a low- or moderate-fat program. This change-up will support increased production of hormones such as testosterone, so it's good to add

supplements that also support this objective (vitamin D3, *Tribulus terrestris*, and fenugreek, among others).

HOW TO DO IT Consume at least 30% of your daily calorie intake from dietary fats, splitting these evenly between saturated and healthy fats. If you consume 4000 calories for body-weight maintenance, then you should be consuming about 1200 calories from dietary fats (about 133 grams per day), split fairly evenly over your whole-food meals. Avoid consuming dietary fats before and after workouts, but take them in at all other times of the day, including before bed, to help spare muscle tissue while you sleep.

ADD A HIGH-CARB DAY ONCE A WEEK

BENEFIT This will help restock muscle glycogen and drive up your metabolic rate, helping to fuel muscle growth while reducing body-fat stores.

GOOD FOR Those whose growth has stagnated on low-carb diets. You can still follow your low-carb protocol six days a week, but you'll see much better benefits if you restock glycogen and use this technique to boost your metabolic rate for more effective fat burning. And you'll have much better workouts for the 2-3 days following your reloading day.

HOW TO DO IT Go nuts with carbs one day per week, but also drastically reduce consumption of fats this day. You can take in sugar and other fast-digesting carbs, getting in 6-8 grams of carbs for every kilo of body weight on this day. Yes, a 90-kilo guy can down as many as 720 grams of carbs during the day. Bump up your pre- and post-workout carb consumption to as much as 100 grams for each shake. Emphasise carbs such as white and brown rice, potatoes, sweet potatoes, oatmeal and all forms of bread and other starchy foods. Cutting fat will encourage greater insulin release to better replenish glycogen stores.

GOOD FOR Those who've been on a diet low in fibre. Many high-protein diets cut fibre very low, so it's a good idea to refeed fibre after a diet. In addition, fibre helps those who want to reduce body fat, providing greater satiety and slowing digestion of protein and carbs.

HOW TO DO IT Start keeping track of your daily fibre intake. You want to get in at least a minimum of 30 grams per day, and you can consume as much as 60 grams or more. Increase fibre consumption

by about 10 grams per day, over your current baseline, increasing by about 10 grams every 4-5 days until you reach your target intake. This will allow your body to accommodate a greater fibre intake. Drink plenty of fluids, but cut fibre intake before and after workouts, the times when you want fast calorie delivery. You can consume fibre from whole foods or from supplemental forms. Check out our sidebar on page 82 for more on these sources.



COMPLEX CARBS PROVIDE A STEADY STREAM OF ENERGY FOR HOURS

CUT CARBS TO TWO GRAMS PER KILO OF BODY WEIGHT PER DAY

BENEFIT This will encourage your body to drop both water and body fat, but you'll likely feel a bit weaker in the gym. It's also a good idea to make adjustments to your training program, going with higher rep schemes and lighter weights. It's great for prepping for a show or photo shoot, enhancing your muscle detail, but it will likely undercut strength.

GOOD FOR People who've been following a moderate- to high-carb protocol for the past six weeks or longer and now want to decrease body fat.

HOW TO DO IT You don't need to cut calories – just replace carbs with fats and protein. Your carb intake should be limited to complex carbs early in the day; then take in simple carbs (sugars) around the time of your workouts – more on these terms in our sidebar on page 82. Your total carb intake should be limited to two grams of carbs for your current body weight. So if you weigh 90 kilos, you should limit your carb intake to 180–200 grams each day, taking in very few carbs (from fibrous vegetables) with your dinner and no carbs before bed.

CARBS SHOULD BE LIMITED TO COMPLEX CARBS EARLY IN THE DAY, SIMPLE CARBS AROUND WORKOUTS



EMPHASISE AMINO ACIDS

BENEFIT While you're likely already consuming a high-protein diet, you may not be getting enough of the amino acids that specifically enhance protein synthesis. Focusing on branched-chain amino acids (BCAAs) and other aminos will drive this crucial muscle-growth process.

GOOD FOR Those who want to add muscle mass and take in aminos that reach muscle tissue as quickly as possible.

HOW TO DO IT Look for protein products that are high in BCAAs, especially leucine. If you're relying on protein products that don't tout their BCAA content, add 5 grams of this stand-alone. BCAAs bypass the liver, reaching muscle tissue much more quickly than other aminos. Take 20 grams of BCAAs, split over four 5-gram doses throughout the day. Take one dose before workouts and another immediately afterwards to really drive protein synthesis and the accompanying muscle growth and recovery.



USE PROTEIN SHAKES AND WEIGHT GAINERS TO GET IN YOUR CALORIES EACH DAY

TRY A KETOGENIC DIET FOR FAST FAT BURNING

BENEFIT Allows your body to convert to using stored body fat, relying on ketones as a primary source of energy.

GOOD FOR Those who are willing to follow a very strict diet, converting your body into a fat-burning machine.

HOW TO DO IT Virtually cut carbs for a few days, and use ketone sticks to measure your urine so you'll know when you have gone into ketosis. This is a physiological condition that happens when your body is deprived of carbs, which drives down blood-glucose levels. At this point, your body needs to turn to alternative fuel sources, and it reaches for body fat when you're also following a high-protein diet – it's easier for your body to convert stored fat into energy. This has a dramatic effect on body-fat levels, burning it preferentially.

BULK UP WITH A HIGH-CALORIE DIET

BENEFIT Helps increase muscle mass and supports strength gains.

GOOD FOR Guys who are hard-gainers, having trouble adding muscle mass and strength athletes who want to make gains on their target lifts. Most hard-gainers are really just guys who don't consume enough quality calories to support adding muscle mass.

HOW TO DO IT You have to force-feed throughout the day, which can be uncomfortable for guys who don't have a large appetite. For this phase, take in 20–25% more calories per day than you need for body-weight maintenance. This means that a guy who normally consumes 3000 calories a day will bump that up to about 3600–3750 per day. Use protein shakes and weight gainers to make sure you get in your calories each day. A good time to add liquid calories is after a whole-food meal, when you don't want to chow down anything more.

INCREASE SUGAR INTAKE AROUND WORKOUTS

BENEFIT Consuming sugar at most times of the day is not beneficial to your physique. Taking in these simple carbs around the time of your workouts gives you energy, encourages release of anabolic insulin and helps restock muscle glycogen, the stored carbs in muscle tissue that will help fuel your next workout.

GOOD FOR This strategy is great for serious athletes, whether your goal is improving performance or building more muscle mass or strength. Around the time of your workouts, insulin release promotes your athletic and physique goals by driving carbs to muscle tissue rather than to body-fat storage.

HOW TO DO IT Before workouts, you should take in carbs to help fuel your training. Rely on simple carbs if you haven't eaten a meal for an hour or two to ease digestion beforehand. However, if you've consumed a full meal high in carbs within 60–90 minutes before training, then you may not need to augment with sugar. After workouts, though, one of the best ways to foster recovery is to take in ½ gram of sugar for every kilo of body weight, with an equivalent amount of protein. In other words, if you weigh 90 kilos, then you should swig down 45 grams of both sugar and fast-digesting protein immediately after your workout.

DON'T SHY AWAY FROM SATURATED FATS FOUND IN EGG YOLKS, CHEESE AND OTHER DAIRY SOURCES AND MEATS - EVEN DARK MEAT OVER LEAN BREAST MEAT



SIMPLE SUGARS SPIKE INSULIN LEVELS TO TRANSPORT NUTRIENTS TO MUSCLES

GETTING DEFINED

THESE ARE THE TERMS THAT WILL HELP YOU THRIVE ON YOUR NUTRITION-PROGRAM OVERHAUL

Complex carbs These carbs are high in fibre and break down slowly, which means they don't cause much of an insulin spike. This is beneficial when you're trying to reduce stored body fat. Also referred to as "slow-digesting" carbs, these include vegetables and fruits, legumes and beans, nuts and seeds and high-fibre grains, as well as brown rice, and oatmeal.

Simple carbs Also called "fast-digesting" carbs, this type breaks down very quickly (beginning in your mouth), and insulin is quickly released as they're absorbed into the body. Insulin shuttles these carbs to muscles when you're active. Examples of simple carbs include sugar, honey, agave, fructose (fruit sugar) and some grains, including white rice and white bread.

Fibre These carbs are not absorbed by the body, but they're crucial for health and assisting muscle gains. There are two types of fibre: soluble and insoluble. Soluble fibres swell when they come in contact with water, trapping other food you've consumed and harmful bacteria, preventing them from entering your body. Insoluble fibre helps clean your digestive tract. The good news: you don't need to worry about what type of fibre you consume. Just get in a minimum of 30 grams per day. Good sources include fibrous vegetables, beans and legumes, nuts and seeds and some whole-grain breads (which may also be high in other carbs, so check labels).

Fibrous vegetables These vegetables are very low in calories and carbs but high in the indigestible form of carbs: fibre. They include broccoli,

cauliflower, spinach, lettuce and other leafy vegetables, cabbage and onions. When you're trying to decrease carbs from vegetables, consider reducing your intake of corn, peas, carrots and (of course) potatoes.

Healthy fats While we'd argue that most fats are healthy, this is the name that's typically given to mono- and polyunsaturated fats. This includes the most beneficial of all fats, omega-3s, which are notoriously low in whole foods. Emphasise the following foods: fatty fish, avocados, flax and other seeds and nuts and healthy oils (canola and olive).

Saturated fats These fats have traditionally been called "unhealthy," but nutrition scientists realise their benefits. Don't shy away from saturated fats found in egg yolks, cheese and other dairy sources and meats. You can even opt for dark meat over lean breast meat when you're trying to boost your intake of saturated fats.

Trans fats These chemically altered fats should be eliminated from every healthy diet. Also known as "hydrogenated" fats, they allow saturated fats to be converted into a liquid form at room temperature and have already been removed from many foods.

Ketones Your body makes these chemicals when insulin is in short supply due to a very low intake of carbs. Ketones are the organic compounds that result when your body-fat stores are broken down for energy.

OUR COMMITMENT TO YOU:

Helping our customers achieve their health and fitness goals is what drives us to deliver the highest quality and most effective sports nutrition supplements available.

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Spice

TRADE

Swap your dry dinners for some flavourful fare – healthy never has to be boring

BY BRITTANY SMITH

PHOTOGRAPHS BY TRAVIS RATHBONE



JUST BECAUSE YOUR workout regimen is cut-and-dry doesn't mean your diet has to follow suit. International flavours, namely spice rubs, marinades and sauces, turn uninspired food into sensational meals, adding maximum flavour without adding unnecessary calories, carbs or fat. Alicia Walter, a chef who specialises in healthful cuisine and vegetables, recommends this: mix za'atar, a citrusy Middle

Eastern spice, with Greek yoghurt to make universal dips and dressings; or sprinkle the Japanese condiment gomashio onto sweet potatoes for a salty bite. Michael Psilakis, chef and restaurateur, looks to rubs with Moroccan and Cretan spices for flavour, or tzatziki sauce. Together, they've put together some classic dinner pairings you can mix into your menu planning. Never settle for a dry chicken breast again!





FENNEL

The vitamins and minerals present in fennel seeds (above the cinnamon sticks) maintain bone structure and strength, while dietary nitrates help lower blood pressure and protect the heart



ITALIAN KALE

- 2 tbsp olive oil
- 2 cloves garlic, peeled and smashed
- 4 anchovies, chopped
- ¼ cup walnuts, chopped
- 2 tbsp capers, chopped
- ¼ cup raisins
- 1 head kale, leaves stripped from stalks, cut into 5cm pieces
- Salt to taste

1. Place a large frypan over medium high heat. Add olive oil and garlic. Cook until fragrant and garlic is lightly browned. Remove garlic and add anchovies, walnuts, capers and raisins. Cook for 1 minute. Mix kale with ingredients in pan.
2. Add ¼ cup water and cook until kale is bright green and tender. Add additional water if pan dries out before kale is cooked. Season with salt.



WHOLE GRILLED BRANZINO

SERVES 2

FOR THE LADOLEMONO (SAUCE)

Yields just under 1 litre

250ml lemon juice

1 tsp Dijon mustard

1 tsp garlic purée

½ tsp dry Greek oregano

500ml extra virgin olive oil

1 whole branzino, about 500g

1 tbsp olive oil for brushing

Kosher salt and black pepper to taste

1 small handful of torn fresh herbs (dill, mint, parsley or chives)

1. Combine all ladolemono ingredients except olive oil in a large mixing bowl. Whisk thoroughly. Slowly drizzle in oil while mixing to ensure even distribution.

2. Cut either side of the fish's spine, going all the way down. Snip spine just below the head and just above the tail, and remove the skeleton in one piece.

3. Brush fish with olive oil and season with salt and pepper. On a very hot charcoal or gas grill, or a ridged griddle

pan, grill fish for about 10 minutes, turning over once, until charred. Immediately transfer to a platter, and drizzle liberally with ladolemono. Sprinkle herbs over fish.

MACROS PER SERVING (FOR BRANZINO AND KALE)

930
CALORIES

62g
PROTEIN

28g
CARBS

67g
FAT



BAKED EGGPLANT

2 medium eggplants
4 cloves garlic
6 tbsp red wine vinegar
 $\frac{1}{2}$ cup olive oil
Salt to taste
 $\frac{1}{2}$ cup fresh mint, chopped

HANGER STEAK

SERVES 4

FOR THE SPICY RED RUB

3 tbsp smoked paprika
 $1\frac{1}{2}$ tbsp clove, toasted and ground
3 tbsp cumin, toasted and ground
1 tbsp cayenne
1 tbsp mustard seeds, toasted and ground
2 tbsp salt
2 tbsp sugar
 $\frac{3}{4}$ cup ladolemono (see previous page)
2 pounds hanger steak
1 tbsp olive oil for brushing
Salt and pepper to taste
6 tbsp spicy red rub

1. Combine spicy red rub ingredients in a bowl.
2. In a resealable bag, combine ladolemono and steak. Marinate for 24 hours (or at least four).
3. Preheat a charcoal or gas grill or ridged griddle pan until hot. Remove excess marinade and pat dry with paper towel.
4. Brush steak with olive oil; season with salt, pepper and spicy red rub. Grill until firm and char-marked, about 10 minutes, turning once. Set aside for 10-15 minutes.

1. Heat oven to 175°C.
2. With a knife, poke two holes in eggplant. Push clove of garlic into each hole. Wrap eggplants in foil.
3. Cook eggplants until soft, approximately 20 minutes. Remove from oven and let cool for 10 minutes. Carefully open foil and unfold the collapsed walls of the eggplants so they lie flat. Discard the seed sacks and remove the flesh and garlic to a bowl.
4. Add vinegar, olive oil and salt to eggplant. Top with mint.

MACROS PER SERVING (FOR STEAK AND EGGPLANT)

842 CALORIES	64g PROTEIN	16g CARBS	59g FAT
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STEAMED BROCCOLI WITH LEMON TAHINI SAUCE

1 head broccoli, florets cut into large pieces and stalk peeled and cut into rounds

Salt and black pepper to taste

$\frac{1}{2}$ cup tahini

$\frac{1}{4}$ cup fresh lemon juice

2 tbsp gomashio

1. Fill a saucepan with 2.5cm water. Add broccoli and a pinch of salt. Place over high heat and bring to a boil. Cover and reduce to medium heat. Remove from heat when bright green, approximately 6-8 minutes.

2. Mix tahini with lemon juice. Add enough water to thin the sauce consistency. Season with salt and pepper. Pour over steamed broccoli. Sprinkle with gomashio.

THE FLAVOUR OF HEALTH

The Mediterranean-inspired ingredients fall in line with the Mediterranean Diet, which has been clinically proven to reduce the risk of heart attack and other chronic illnesses

GREEK SPICED TUNA

SERVES 4

FOR THE CRETAN SPICE MIX

- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 tsp mustard seeds
- 3 cardamom pods
- 10 whole black peppercorns

- 2 tbsp blended oil (90% canola/10% extra-virgin)
- 600 to 800g tuna loin, cut into 4 steaks
- Salt and cracked black pepper to taste

- 1 tbsp fresh lemon juice and extra-virgin olive oil for drizzling

1. Toast Greek spice mix ingredients in a 175°C oven or toaster oven for 5-10 minutes. Transfer to a spice grinder and grind to a powder.

2. In a large frypan, warm blended oil over medium-high heat. Season tuna on both sides with salt and pepper. Dust all sides (including the edges) generously with Greek spice mix.

- 3. Sear tuna for about 2 minutes, turn over, reduce heat, and cook for 1 $\frac{1}{2}$ -2 minutes more, depending on preference. Rest for 2-3 minutes.
- 4. Drizzle with lemon juice and olive oil.

MACROS PER SERVING (FOR TUNA AND BROCCOLI)

643
CALORIES

67g
PROTEIN

13g
CARBS

36g
FAT

CHICKEN AND PORK SOUVLAKI

SERVES 4

FOR THE TZATZIKI

- 1 cucumber, peeled
- 10 cloves garlic, smashed and finely chopped
- 1 cup distilled white vinegar
- 4 shallots, sliced thick
- 1 cup small, picked sprigs of dill
- 2½ cups strained Greek yoghurt
- 2 tbsp extra-virgin olive oil, plus more for drizzling
- 2 tbsp fresh lemon juice
- Salt and cracked black pepper

500g pork tenderloin

500g chicken

1½ cups ladolemono (see page 72)

Half medium onion, separated into rings

1 cup chopped tomato

2 cups firmly packed rocket

2 tsp dry Greek oregano

¾ cup tzatziki

4 rounds wholemeal pita bread, painted with olive oil and char-toasted on both sides (or warmed in a microwave)

1. To prepare tzatziki, quarter cucumber lengthwise and trim off the triangular wedge of seeds. Cut cucumber into very small, even dice. Transfer to a mixing bowl. In a food processor, combine garlic, vinegar, shallots and dill. Pulse until finely chopped but not pureed. Add to cucumbers. Add yoghurt. Fold together with a rubber spatula, adding olive oil and lemon juice. Season liberally with salt and pepper, starting off with 1 tbsp salt. Taste for seasoning. (Store refrigerated for one week.)

3. Carefully trim off the thin white membrane (silverskin) running down one side of pork tenderloin and cut cross-wise into generous 2.5cm-thick chunks. Cut chicken into 2.5cm chunks. Transfer to large resealable bag, cover with 1 cup ladolemono and refrigerate for 4 hours or overnight.

4. Remove from the brine and pat dry with a paper towel. Thread the pieces of meat onto 4 wooden skewers, keeping pork and chicken separate.

5. Preheat a charcoal or gas grill until hot. Coat onion with a drizzle of olive oil, salt and pepper and grill until charred

and soft, turning frequently. Reserve.

6. Season meat lightly with salt and pepper and grill until firm and char-marked on all sides. Pork will take about 8 minutes total, chicken about 6.

7. Smear some tzatziki in the centre of each pita round and push meat off the skewer on top of tzatziki. Drizzle with ladolemono. Top with onion, tomato

and rocket. Sprinkle with oregano. Pull sides of pita up to meet in the centre like a taco.

MACROS PER SERVING (FOR SOUVLAKI AND CARROTS)

1252 CALORIES	81g PROTEIN	71g CARBS	76g FAT
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ROASTED CARROTS AND WALNUT BUTTER

- 8 medium carrots, peeled and cut into 12.5cm pieces
- $\frac{1}{4}$ cup plus $\frac{1}{2}$ cup grapeseed oil
- Salt to taste
- 4 cloves garlic, peeled and smashed
- 1 cup walnuts

1. Heat oven to 190°C. Toss carrots with $\frac{1}{4}$ cup grapeseed oil and salt. Place on baking sheet and roast until caramelised, approximately 12–14 minutes.
2. Heat $\frac{1}{2}$ cup grapeseed oil over medium heat. Add garlic and cook until fragrant and slightly browned. Add nuts and salt. Cook until nuts are toasted. Drizzle nuts over carrots.

GRILLED GYRO SPICED LAMB KEBAB

SERVES 4

FOR THE MARINADE

- 3 cloves garlic, smashed
- 2 fresh bay leaf
- 2 shallots, sliced
- $\frac{1}{2}$ cup red wine vinegar
- 1 cup red wine
- 2 cups water
- $\frac{1}{2}$ cup sugar
- 2 tbsp salt

- 1kg trimmed, boneless leg of lamb, cubed
- 1 tbsp olive oil
- Salt and pepper to taste

FOR THE BLACK RUB

- 6 tbsp cumin
- 1 tbsp coriander
- 4 tbsp yellow mustard seeds

- 4 tbsp clove
- 1 tbsp black cardamom
- 2 tbsp fennel
- 1 tbsp cinnamon

1. Combine all marinade ingredients in a large saucepan. Bring to a boil and reduce to a simmer until the liquid is halved. Cool completely.
2. In a resealable bag, combine meat and marinade. Refrigerate overnight.
3. Soak bamboo skewers overnight in water.
4. Preheat grill to medium high.
5. Skewer meat. Dress with olive oil; season with salt and pepper. Grill for 1 minute per side. Remove from heat and season with black rub. Grill for another minute per side and then allow to rest for another 2.



COLESLAW WITH ORANGE AND HAZELNUTS

500g green cabbage, cut into very thin strips

- 1 tsp salt
- 3 tbsp olive oil
- 6 tbsp white wine vinegar
- 3 tbsp honey
- $\frac{1}{4}$ cup parsley, chopped
- $\frac{1}{4}$ cup chives, chopped
- $\frac{1}{4}$ cup hazelnuts, chopped
- 1 orange, peeled and cut into rounds

1. Toss cabbage with salt and olive oil. Set aside.
2. Heat vinegar and honey in a small saucepan until honey is dissolved. Pour over slaw and mix well. Allow to sit for up to an hour.
3. Mix in herbs and top with hazelnuts and orange slices.

MACROS PER SERVING (FOR KEBAB AND COLESLAW)

799 CALORIES | **67g** PROTEIN | **54g** CARBS | **30g** FAT

HUMAN

EVOLUTION SUPPLEMENTS




Photography by Dallas Olsen

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BY DAVID SANDLER

**YOU CAN GET****BIG****BUILD ROCK-SOLID MASS
AND GET RIPPED
WITH OUR TOTAL
BODY PLAN****FAST**

 **Sure, you've seen these kind of programs** before: a new program, a new you, the promise of changing your body. So why is this one different? Rather than giving you the same ol' same ol', this program turns up the pace and inverts the exercise list to attack the muscles differently than they have been in the past. The principles behind muscle strength and size development haven't changed. It's physiology. Muscle responds and adapts to the stress you place on it. That is fact. That means you still want to crush big weights and do plenty of volume, as that is the impetus for true muscle remodelling. But the approach for the new muscle program is in the exercise order, grouping and selection. This program targets the "for show" muscles first, then works backwards through the chain to get the entire body developed.

STRONG, BIG & LEAN

■ Traditionally, when you're trying to get lean, it's common to lose some muscle along the way. However, with a little ingenuity you can build muscle, get lean and show that rock-solid physique in short time. Here's how:

1. Fuel your body at the right time with the right nutrients while also making sure you target the muscles that will add thickness and size to your frame. That means big back, big chest, big legs and heavy-duty mass-building exercises are coupled with a serious volume-loaded program and a tight diet.

2. Strength is your ability to move big weight. Getting big is about hitting muscles from every angle with lots of reps and sets. And getting lean is about keeping your mouth shut at the right time. This program will allow you to do all those things, and since volume will be up and activity will be at quite

a high level, you'll be able to take in a few more calories than your normally restricted competition diet.

3. You will pitch in a little cardio here and there, but it, too, will vary week by week - along with your evolving training routine.

4. And last, but certainly not least, we have provided the ultimate stack solution for your training to guide your muscle gains at every corner.

THE SPLIT

You've heard the saying that the devil is in the details. In this case, that means that the success of this program is in how you manage your training sessions. You'll hit four days on, one day off. While an "on-off" routine is nothing new, the unique thing about this program is that when you go back on, you'll start right where you left off. That means that if you started the week with the chest, you'll hit it again on Saturday, making the following Monday a leg day. That'll be nice when you hit the gym and find that you don't have to line up and wait for a bench, but more important, the variation will keep your body evolving, playing catch-up in a game that it knows well.

Thus, rather than trying to confuse your muscles with completely different exercises and workouts, you'll cycle your training by body part and hit that routine when it comes up, not by day but by body part. This method helps reset your body and allows it to take advantage of recovery through its own natural processes.

WEEKS 1-4

THE FOCUS

Building muscle.

Don't concern yourself with strength, which for many men is hard to do. Try it. Your strength will improve, but you may not see it in your big lifts, such as your bench and squat, until later in your program.

THE METHOD

Do your muscle-building exercises first and the strength exercises after, which, intuitively, is not the "proper" way to work out. This will target specific muscles and maximise your overall gains from each training session.

POINTS TO REMEMBER

This program will take you out of your normal routine and give you more volume by not worrying about hitting your chest on Monday, back on Tuesday and so on. By the end of the eight-week program, you'll have hit each muscle group with more reps and sets than you have done in your 10 previous weeks, all while getting lean doing it.

The inability to recover means that after a few weeks of hitting six-plus workouts per week, you simply stop growing. This split will keep you pushing hard, heavy and with high volume for eight weeks and, for some, even longer.

DAY 1

EXERCISE	SETS	REPS	REST
Chest			
Dumbbell flye	4	12	90 sec
Cable crossover	4	12	90 sec
Wide-grip bench press	5	6	2½ min
Incline dumbbell press	4	8	2½ min
Shoulders			
Cable lateral raise	4	12	90 sec
Dumbbell front raise	4	12	90 sec
Smith machine shoulder press	5	6	2½ min
Dumbbell press	4	8	2 min
Abs			
Decline sit-up	4	12	90 sec
Rope-cable crunch	4	12	90 sec

DAY 2

EXERCISE	SETS	REPS	REST
Back			
Straight-arm pulldown	4	12	90 sec
Chin-up (close-grip, palms in)	4	12	90 sec
Seated wide row	4	10	2 min
Wide-grip Lat pulldown	4	8	2 min
Dumbbell row	4	8	2 min
Traps			
Dumbbell rear lateral	4	12	90 sec
Dumbbell shrug	4	10	2 min
Upright row	4	10	2 min
Calves			
Seated calf raise	4	10	90 sec
Standing calf raise	4	10	90 sec



DO YOUR MUSCLE-BUILDING EXERCISES FIRST AND YOUR STRENGTH EXERCISES AFTER TO MAXIMISE OVERALL GAINS

DAY 3

EXERCISE	SETS	REPS	REST
Legs			
Smith machine lunge	4	12	90 sec
Leg extension	4	12	90 sec
Leg press	4	10	2 min
Hack squat	4	8	2 min
Squat	4	8	3 min
Single-leg curl	4	10	2½ min
Lying leg curl	4	8	2½ min
Glute-ham raise	4	10	2 min
Straight-leg deadlift	4	12	90 sec

DAY 4

EXERCISE	SETS	REPS	REST
Biceps			
Single-arm cable curl	4	12	90 sec
Single-arm dumbbell curl	4	8	2 min
Barbell preacher curl	4	12	90 sec
Barbell curl	4	12	90 sec
Triceps			
Single-arm pushdown	4	8	2 min
Overhead dumbbell extension	4	12	90 sec
Skull crusher	4	12	90 sec
Close-grip bench press	4	12	90 sec

WEEKS 5-8

THE FOCUS

Still building muscle, but shift your priority to compound exercises.

THE METHOD

Flip everything and do the same exercises from weeks 1-4 but in reverse order. Additionally, you'll get to nail your arms a few times per week, bringing out some serious size for the gun show.

POINTS TO REMEMBER

Maximise available time by getting into the gym more frequently, which forces you to hit muscles more fully.

For those used to cycling training between strength-building and volume- or size-building, there'll be no need to cycle—you will do both in the same workout.



GETTING BIG IS ABOUT HITTING YOUR MUSCLES FROM EVERY ANGLE WITH LOTS OF SETS AND REPS

DAY 1

EXERCISE	SETS	REPS	REST
Chest			
Incline dumbbell press	4	12	90 sec
Wide-grip bench press	4	12	90 sec
Cable crossover	5	6	2½ min
Dumbbell flye	4	8	2½ min
Shoulders			
Dumbbell press	4	12	90 sec
Smith machine press	4	12	90 sec
Dumbbell front raise	5	6	2½ min
Cable lateral raise	4	8	2 min
Abs			
Rope-cable crunch	4	12	90 sec
Decline sit-up	4	12	90 sec

DAY 3

EXERCISE	SETS	REPS	REST
Legs			
Squat	4	12	3 min
Hack squat	4	10	2 min
Leg press	4	8	2 min
Leg extension	4	8	90 sec
Smith machine lunge	4	10	90 sec
Straight-leg deadlift	4	12	2½ min
Glute-ham raise	4	8	2½ min
Lying leg curl	4	10	2 min
Single-leg curl	4	12	90 sec

EXERCISE	SETS	REPS	REST
Biceps			
Barbell curl	4	12	90 sec
Barbell preacher curl	4	8	2 min
Single-arm dumbbell curl	4	12	90 sec
Single-arm cable curl	4	12	90 sec
Triceps			
Close-grip bench press	4	8	2 min
Skull crusher	4	8	2 min
Overhead dumbbell extension	4	12	90 sec
Single-arm pushdown	4	12	90 sec
pushdown	4	12	90 sec

DAY 4

DAY 2

EXERCISE	SETS	REPS	REST
Back			
Dumbbell row	4	12	90 sec
Wide-grip Lat pulldown	4	12	90 sec
Seated wide Row	4	10	2 min
Chin-up (close-grip, palms in)	4	8	2 min
Straight-arm pulldown	4	8	2 min
Traps			
Upright row	4	12	90 sec
Dumbbell shrug	4	10	2 min
Dumbbell rear lateral	4	10	2 min
Calves			
Standing calf raise	4	10	90 sec
Seated calf raise	4	10	90 sec

ALTERNATING CARDIO FOR INCREASED FAT BURNING

■ Your cardio sessions will alternate after every fourth training session. You'll start by doing cardio before you work out for your first four sessions, then doing cardio post-workout for the next four sessions, and then alternating back. Your pre-workout cardio will be 20-30 minutes at a low and slow pace to get you warmed up and get the fat-burning process ignited. Shoot for a heart rate that doesn't exceed 135 but preferably sits at 115 - something manageable. This will vary by person and level of fitness, but the intent is to hit around 60% of your age-adjusted (220 minus age) heart rate max. The post-cardio sessions will be a high-intensity battle with what little energy you'll have left from your heavy-duty training session. You'll go hard for 30 seconds to a minute, then slow down for 1-2 minutes, alternating back and forth in interval fashion. At the high end, you want to

push your heart rate to its manageable limit. Then slow down so your heart rate goes down below 130 before you push it back up. This alternating activity will not only burn big calories but also improve your body's metabolic burning rate for the long haul.

CARDIO CORNER

WHEN	DURATION	INTENSITY LEVEL
Pre-workout	20-30 min	Slow and steady
Post-workout	20-30 min	High-intensity interval

Alternate between pre-workout and post-workout every four workouts.



WHAT DOES THE SCIENCE SAY?

Who cares? This works! OK, seriously, while we care, most people do not, provided they see big results. Truthfully, this would be a hard program to test in a true head-to-head experiment. But if you recap your thought process, you've kept rest per body part at a premium, meaning that you should recover. You've addressed the strength component that helps lay down foundational muscle. And you've pushed the volume limits, improving your chances of releasing the major hormones that fuel muscle-size development. But to help fortify your gains, the supplement stack takes muscle-building and recovery into consideration and even allows you to get a serious pump while doing it.



THE MOST IMPORTANT THING YOU CAN DO IS FUEL YOUR BODY FOR YOUR WORKOUT

THE STACK

■ You can pile your supplements high and suck back everything and likely see some good results. In most cases, more is better, especially with protein, amino acids, creatine and a few other choice ingredients. The ingredients selected here are chosen because of their ability to help fuel muscle growth, prevent too much muscle damage and improve your rate of recovery. While stimulants play a big role for many lifters, the truth is that they do little to improve overall muscle quality, hence you'll notice that we are not advocating stimulants in your pre-workout matrix. Certainly each of you may have your fix, your vice or an ingredient you cannot live without, and we are all for that. Placebo or not – and we are not suggesting ingredients that don't appear here only provide a placebo effect – if you like it, take it, and don't let anyone tell you otherwise. While we have read the research and understand the physiological interactions, well, too, like some ingredients that have not seen the acclaimed fame of others through research.

Remember, about 30% of people respond to ingredients that have been proven effective. Why isn't the opposite true? It is – scientists are just afraid to take the leap of faith. That is where we differ: leap, jump, fly – don't leave anything on the table if it has a chance to help you reach new heights.

PRE-WORKOUT

Possibly the most important thing you can do is properly fuel your body for your workout to give it what it needs to grow. Most people miss this step in light of trying to get wired up for their workouts. And while, for some, a jacked-up pre-workout may give an added kick, rarely do any give you what you really need. Stimulants do not help muscles grow. For that reason, we suggest taking a few specific ingredients to fuel muscle-building. If you feel you still need a jolt, then go ahead and get your crack fix!

Take: creatine (up to 5g), BCAAs (at least 5g with 3g leucine), Nitrosigine (1g), citrulline malate or L-citrulline (at least 3g).

POST-WORKOUT

The window of growth is at its maximum during and immediately following your workout, and since protein breakdown is in overdrive, your protein repletion should be right there with it. Additionally, since your muscles have lost some water and other vital nutrients during their hardworking session, they need some help getting back to "normal." It's for these reasons that we suggest the following ingredients for a solid post-workout push.

Take: cCreatine (up to 5g), BCAAs (at least 5g with 3g leucine), glutamine-alanine combo (5g), protein (20–30g).

MORNING STACK

You've just come off a huge fast, and your body is starving for some good nutrients. Likely your muscles are looking for some loving as well. To get things rolling, you need to grab a good breakfast, one that's high in protein but also has some fat and carbs to round out the meal. With some extra help from a good supplement stack, you can keep your muscles growing by giving your body that push it needs.

Take: multivitamin, fish oil, joint formula, protein (20–30g).


CARDIO COCKTAIL

Most people like to use cardio to burn fat and calories and are often afraid to fuel up right before it. This is a mistake. While cardio has an instant calorie requirement, it also has benefits long after the session is complete. Overall, if you hit a good, fast-paced session, you'll improve your metabolic rate on a daily basis that, over time, will help regulate your body's energy and fat-burning processes. Thus, this stack is created for those who are very serious about getting more out of their cardio routines.

Take: caffeine (up to 200mg), Peak ATP (400mg) or ElevATP (150mg), beta-alanine (1.6–2g).

EVENING STACK

Before you go to bed and shut down for the day, you need to make sure your muscles have an edge when they hit that nutrient-deprived fast known as sleep. Part of sleeping is to allow your body to work on the finer details, some of the more internal processes, rather than just focusing on building muscle, so to that end, this stack has a little of both.

Take: fish oil, focus/sSleep blend, protein blend (includes casein and/or plant proteins, 20–30g). 

A side-profile photograph of a very muscular man in a gym. He is shirtless, showing his well-defined back, shoulder, and arm muscles. He is holding a cable machine handle with both hands, pulling it down towards his waist. He is wearing black athletic shorts with a grey stripe on the side. The background is a simple gym setting with a grey wall and a door.

STRAIGHT UP

BACK

Time to ditch the gimmicks – simplify your back training program to get growing again

BY
ERIC VELAZQUEZ

A side-rear view of a very muscular man in a gym, performing a straight-arm lat pulldown. He is shirtless, showing his well-defined back and shoulder muscles. He is holding a rope handle with both hands, and the cable is taut, extending upwards and to the left. He is wearing black athletic shorts with grey side panels. The background is a blurred gym setting with concrete floors and walls.

STRAIGHT- ARM LAT PULLDOWN

Keep your elbows straight and initiate the move from your shoulders. After multi-joint moves (the T-bar row and lat pulldown), the straight-arm pulldown provides great isolation for the upper lats to help burn them out.

**BACK
EXTENSION**

The back extension may be the last exercise of your workout, but it's far from a throwaway. At this point in your workout, your upper back has been your focus, but your erector spinae have also been worked isometrically with the T-bar rows. You can hold a light plate behind your head or across your chest to finish these postural muscles with authority.

BACK TRAINING IS like the tax code of physique building. The methodology is as diverse as it is mystifying, and as complex as it is confounding, but in the end your goal is simple: you just want to get as much back as possible (pun intended). You experiment with new workouts and flirt with multiple angles, all with the hope of adding a little swole to your rearview. If this sounds like you, breathe deep and let this simple strategy wash over you: pull heavy stuff. Rest. Repeat.

Unless you're considering donning a set of trunks and getting onstage, the diversity of your angle work is a bit inconsequential. As with other muscle groups, using progressively heavier weight is the

most direct route to new strength and size. While pulling through multiple angles will help you target different parts of your back, the benefits are not so specific as to warrant the additional fuss. With a few vertical and horizontal pulls in your plan, you'll add ample depth and width to your back.

GET SHREDDED

Burn fat and build lean muscle mass with this scientifically-formulated fat-burning protein supplement



If you want to shred body fat, you don't need to starve yourself. Sure, you might lose some fat that way, but you'll also lose muscle. What you want to do is burn body fat while building muscle, which is why you need MUSASHI SHRED & BURN. This unique formulation provides your body with 20g of high quality whey protein to support lean muscle gains when combined with your resistance training program. But

MUSASHI SHRED & BURN contains a lot more than just protein. It also contains active ingredients including Garcinia cambogia extract and Theobroma Cacao, which both block fat production; nicotinic acid, which increases your metabolism and calorie burn and helps boost flagging energy levels; and caffeine, which releases your stored fat and blocks carb absorption.

MUSASHI SHRED & BURN is also low carb. Plus, it's not filled with any unnecessary extra ingredients - simply active ingredients to deliver you scientifically-supported benefits to burn fat and build lean muscle. Available in chocolate and mocha flavours, MUSASHI SHRED & BURN can help you achieve the body and fitness level you desire. Grab a tub, and start shredding today!



ACTIVE INGREDIENTS

MUSASHI SHRED & BURN's unique formulation contains 20g protein per serve plus:

HCA from Garcinia and **Theobroma Cacao** to block fat production extract to block fat production

Nicotinic acid to increase metabolism and calorie burn and boost flagging energy levels

Caffeine to release stored fat and block carb absorption

MUSASHI

LAT PULLDOWN

Work these with a superwide, overhand grip that shifts the emphasis to your upper lats while reducing the contribution from your biceps. In all pulling moves, think of a crane: the lats are the motor and your arms are just cables.

T-BAR ROW

T-bar rows allow you to closely mimic barbell rows while still creating a hefty hypertrophy stimulus with a smooth, slightly arced pull. Unsupported T-bar rows are ideal, but you can always go chest to pad as an alternative if the safety of your lower back is an issue. Adding a dropset to failure on the last set of these helps you to flush the muscles with a final surge of nutrient-rich blood.

THE WORKOUT BACK

EXERCISE	SETS	REPS
T-bar row	5	12*
Lat pulldown	5	12
Straight-arm lat pulldown	5	12
Back extension	3	12**

*Go as heavy as you can for 12 reps on each set. On each rep, maintain a flat back, pull aggressively through the positive before taking 2-3 seconds to lower the weight on the negative. Rest 1-2 minutes between sets. After reaching failure on the last set, drop the weight 20-30% and immediately continue performing reps to failure.

** After reaching failure on the last set, drop the weight and immediately continue performing reps to failure using only your body weight. **MRP**

SLIPPS

A close-up photograph of a muscular arm flexing its bicep. The skin is taut, revealing deep muscle lines and veins. The arm is positioned diagonally across the frame, with the hand clenched into a fist at the top left. The background is solid black, which makes the skin tones and muscle details stand out. The overall image conveys a sense of strength and physical fitness.

THIS MONTH IN SUPPLEMENT NEWS

Growth factors

Proper nutrition, training, rest and supplementation – including Growth Factor-9 – will help spike your GH levels for better muscle-building gains

BY ADAM GONZALEZ



POTENT COMPOUNDS

Multijoint compound lifts such as the back squat and deadlift can increase GH levels

HUMAN GROWTH HORMONE (HGH, OR SIMPLY, GH) IS A NATURALLY-OCCURRING HORMONE that helps us add muscle mass, maintain a youthful appearance and decrease or delay the health problems associated with ageing. Thanks in large part to its raw use as an injectable performance-enhancing drug, GH has been mired in controversy in recent years, and unfairly so. Your body, after all, naturally produces GH – so if you can dial in your training, nutrition, supplementation and sleep, your body will naturally produce more of the ultimate health hormone. Here, we break down how to do just that.

SURGE YOUR GROWTH

Idealised levels of GH help decrease body fat, increase libido and boost energy. Our bodies produce GH in the pituitary gland to support cell growth and repair. But GH remains

active in the bloodstream for only a short time. During this phase, GH works in conjunction with growth factors, including the one most important to bodybuilders, insulin-like growth factor-1 (IGF-1).

What's interesting is that even a healthy young man has relatively little GH in his system at any given time. On average, each man has about five nanograms per millilitre circulating in his bloodstream. That's because levels peak at puberty and begin to decline in the early 20s – and this makes sense because that's the end of long-bone growth, the age at which you stop “growing.”

PEAK YOUR GROWTH

Supps are crucial for maximising gains, but they don't work in the absence of a proper nutrition, training and recovery plan. Over the page are some extra ways you can boost your GH levels, supporting the benefits that Growth Factor-9 provides.

1) GET PROPER REST

GH levels peak when you're sleeping. Get seven to nine hours of sleep every night and try to keep to a regular schedule.

2) TRAIN WITH INTENSITY BUT DON'T OVERTRAIN

This distinction is difficult for many young guys to put into practice. Training with heavy weights encourages the production of GH. But workouts much longer than an hour will spin you into overtraining and undercut muscle growth as well as your GH levels.

3) FOLLOW A DIET THAT SUPPORTS GH PRODUCTION

While you can argue that some foods are better than others for enhancing GH levels, the basics are pretty simple: a standard bodybuilding diet that's high in protein and moderate in dietary fats and carbs is good for supporting GH production.

LEVEL BEST

If you suspect that your GH levels are holding back your workouts, your results or even your energy levels throughout the day, then you should consider having your blood assessed by your doctor to see if you have a deficit.

Having an ideal GH level not only helps ensure continued muscle gain and maintenance, but it also supports a youthful appearance and longevity. Following a clean diet, getting plenty of sleep and training with intensity are important components of maximising GH production. You should also consider supplementing with research-supported Growth Factor-9 to make sure that you're providing your body with ingredients that help maximise natural GH levels.

GROWTH FACTOR-9

You'll recognise many of the ingredients on Growth Factor-9's label, but the patented ratio of GH-building ingredients is the key to this product's potency, which was proven in a resoundingly positive clinical study conducted at Louisiana State University, US. Researchers studied Growth Factor-9's effects on both men and women between the ages of 18 and 70 and found that when the product was taken on an empty stomach, serum GH levels increased two hours later by 682% versus a control group.

L-GLUTAMINE

The most prevalent amino acid in the human body provides multiple training advantages, including improving digestion, boosting immunity, and enhancing recovery. Research performed at Louisiana State University also shows that taking glutamine leads to a rise in GH levels 90 minutes after ingestion. Perhaps some of these other benefits of

glutamine supplementation are linked to an increase in GH levels.

L-ARGININE HCl

Arginine, an amino acid, is best known in bodybuilding circles for its ability to boost nitric oxide production for greater delivery of oxygen and nutrients to muscle tissue. It's also known to support the production of GH. Arginine achieves this by inhibiting somatostatin, a hormone that reduces GH secretion.

L-LYSINE HCl

Lysine is a potent GH secretagogue, and its inclusion with arginine further enhances GH secretion more than arginine or lysine taken separately. This essential amino, one the body does not produce, also supports carnitine production. Carnitine is a compound that helps convert fat released from storage into energy you can use immediately.

N-ACETYL L-CYSTEINE

This is an amino acid that supports more intense workouts, helping you create the environment for growth, and it also helps

protect your muscle cells from oxidative damage. It also helps boost the hormone erythropoietin (EPO), known to support increased levels of haemoglobin, haematocrit and the size of red blood cells, supporting better oxygen delivery.

SCHIZONEPETA

This powerful Chinese herb has been used for centuries to support health. In addition to helping increase growth hormone and enhance wellbeing, it has been used to support immunity and treat skin problems such as rashes, eczema and psoriasis.



◀ **GET THEM TOGETHER** Growth Factor-9 combines all of these ingredients in a proprietary blend, available in capsule form and as water-soluble powder. Get it now at growthfactor9.com or at supplement retailers everywhere, including GNC.

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Bulk Nutrients Natural Whey Protein Concentrate (WPC) is an excellent protein supplement for after training but can also be used at any time of the day to increase protein consumption. This product is 100% natural, with no artificial flavours or sweeteners, and is GMO free.

www.bulknutrients.com.au/naturalWPC



The force of habit

Doing things the way you've always done them – and not asking questions – will leave you in the lurch

BY ZACK ZEIGLER

MY LOWER BACK was severely pissed at me after repping out six sets of squats with 225 kilos*. The throb I felt was of the “someone please remove this goddamn shiv from my lower lumbar region” variety.

Unfortunately, over the past six months, this was a feeling I had grown used to. I'm not a masochist – despite all the evidence to the contrary – so why the hell was I continuing to put my body through the ringer?

The answer: habit.

Since I began lifting at the age of 16,

I routinely shuffled through periods of using heavy weight and low reps alternated with higher-volume training. There was no thought involved, just the following of a pattern – even after it was clear that loading 335 kilos** on a barbell for squats at this point in my life wasn't beneficial.

When I was younger and playing sports competitively, the objective was to be the strongest guy on the field. It made sense to go heavy then, but what purpose does it serve now, when I have to pay for it after every workout? I had to do some thinking.

The first goal: lean out to look semi-decent in my birthday suit. The second and more important goal was to regain mobility and feel healthy without sacrificing strength. I didn't elicit help from a workout guru or pricey personal trainer to do it. I simply relied on common sense by looking at the movements that I used and then setting out to strengthen the muscles that supported those movements. I spent more time on warm-ups and post-workout stretches, and I subbed out exercises that produced pain. Instead of pushing myself to PR on weight, I pushed myself to PR for time or reps. And it worked. I can no longer squat 425 kilos***, but I can train four to five times per week and still get up to pee in the middle of the night without hobbling like a geriatric.

Serious gym rats can be prone to tunnel vision concerning exercises when their bodies are begging for change. So if you've hit a wall, whether it's an injury, a sticking point or mental fatigue, try asking yourself: “What are my training goals?” Give it serious thought. Because the wrong answer may leave you staggering towards the finish line, while a smart one may have you sprinting past it.

* ADJUSTED FOR INFLATION

** TYPO

*** +/- 200-300 KILOS

ZACK ZEIGLER

is a senior editor for *Muscle & Fitness* and the proud owner of three overweight cats



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Holy hypertrophy, Batman!

Silver-screen superheroes have become only more muscular through the years, and there's no better example than Batman. With a new film starring Ben Affleck coming out next year, we sat down with **ADAM WEST**, who answered the Batsignal long before Affleck or Christian Bale, to talk about the physical evolution of the Dark Knight.

BY TYLER STEWART

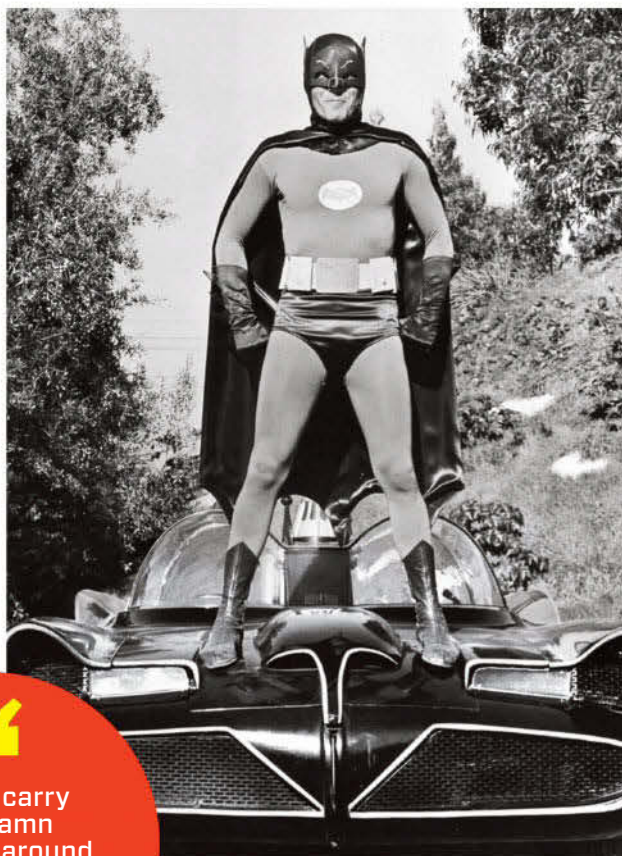
M&F: One of the most important parts of taking on the role of Batman now is being in great shape. What was it like for you before the days of comic-book summer blockbusters?

AW: I was a bit of a jock growing up. It gave me a certain resilience, coordination, and some kind of muscle power. Playing Batman kept me in shape as well. I didn't have to work out, but I did work out in the gym in Hollywood in some of the lean years before I started doing so much work. It was important to get yourself bulked up a bit.

This was also before the days of widespread serious weight training and bodybuilding. That's correct. We did our *Batman* in a fun way. It was a comedy on one level, and for the kids. It wasn't serious. It wasn't really necessary to be that muscular in appearance. Now they put [muscles] in the Batman costume, of course. I understand Ben Affleck has bulked up a bit and is working out, which is good. Just to carry that damn costume around takes strength.

Of all the guys who have played Batman so far, who is your favourite to take up the mantle after you?

Oh, I have no favourites. They're all very good. They do their thing, and I did mine. I can't be a critic.



THEN AND NOW: West, above, didn't have to get jacked like Bale, below, but he always had an athletic look

“Just to carry that damn costume around takes strength”

If the studio had asked you to do what Christian Bale had to do for the role and put on a ton of muscle, would you have laughed at them? Bale was coming off *The Machinist* and weighed around 54 kilos, and he had to get all the way up to about 100. There are some actors who don't equate weight loss or gain with fine work. But there are certain roles [for which], if you're really conscientious about it and involved, you have to gain weight or lose weight.

Fad diets, though, have always been a part of Hollywood. Did you ever fall into anything like that?

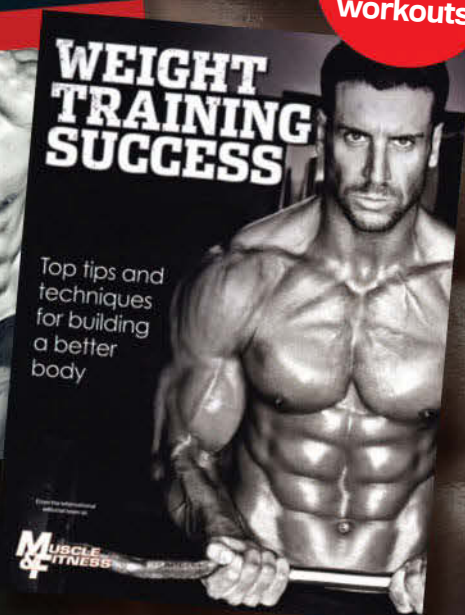
The diet fads, really, I avoid. I never got into that. If you eat properly and get the right rest and exercise, you'll be fine. I know that sounds a little trite, but it's true. You can stay in pretty good shape.



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